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# PEDAL POWER

**City celebrates one millionth cycle trip into downtown**

metroNEWS

Calgary strung balloons and offered up data for cyclists and pedestrians at 5 Street SW. HELEN PIKE/METRO

# Pride refines political entry requirements

LGBTQ RIGHTS

## First time all of province's parties marching in parade

Helen Pike
Metro | Calgary

Pride and politics are inseparable, at least when you consider the history of LGBTQ rights.

But over the years, Calgary Pride has been trying to untangle the mess of political leaders marching with more pomp and circumstance in the parade than in the legislature.

In 2015, pride required parade entrants to sign a pledge to underline their participation in festivities as an ally. This year, pride has further refined their application process to ensure politicians are putting their money where their mouths are — or, in this case votes.

Applicants highlight their significant LGBTQ votes in a one-page submission and choose between a commercial application or a non-commercial — both at separate price points.

Craig Sklenar, director of government affairs with Pride Calgary, said the filtration system hasn't eliminated any parties from participating this year, and they don't do deep dives on an individual's political past either. But it's set up to give the board a more stringent view of an applicant's intentions and past actions.

"It's opened up the discussion and it has required parties to really think of the things they need to highlight, which we were excited about," he said.

This is also the first year all parties will be represented at the parade.

"We feel that a lot of the political parties have heard us loud and clear," Sklenar said. "We've seen even the Progressive Conservative party moving towards that direction; it may not be fast enough for some, but they're taking steps in their viewpoints to try and be more inclusive politically."

Michael Connolly, MLA for Calgary-Hawkwood, is one of Alberta's first LGBTQ identified members of legislature. He said politicians in Alberta have come a long way in the past five years when it comes to LGBTQ rights.

"This means the LGBTQ rights are a lot more on people's minds and if a different party comes into power they're more likely to support LGBTQ rights," Connelly said. "Pride should remain political because we don't have equity, to a certain extent."

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Your essential daily news

Canadians with dual citizenships will see passport rules change on Sept. 30. **Canada**

# Thousands of job seekers line up for airport job fair

EMPLOYMENT

## Applicants told to submit resumés online after long wait

**Brodie Thomas**
Metro | Calgary

The lineup for the YYC Airport Authority's job fair at the Coast Plaza Hotel started near the entrance and wrapped around the entire building once, with extended detours into the parking lot. People reported waiting four hours to get in. JENNIFER FRIESEN/METRO

Airports and lineups go together hand in hand.

Nevertheless, the lineup at the YYC Airport Authority's job fair at the Coast Plaza Hotel on Wednesday was enough to give anyone pause.

It didn't stop many job seekers from seeking the end of the line, which wrapped around the hotel once and made numerous twists and turns in the parking lot.

People reported waiting at least four hours to hand resumés to 10 employers looking to fill about 300 positions.

Vickie Cordero got in line around 10:30 a.m. for the 11 a.m. opening. She was still in line shortly past 1 p.m.

She said she was hoping to land a full-time job — even something paying minimum wage — as long as it has benefits.

"Look at these people," she said, gesturing at the line. "I don't know what happened to Calgary. It's the downturn."

Christina Abraham drove all the way from Edmonton and got in line around 10:45 a.m. She said she's been looking for work for about four months.

"It looks like there could be a lot of opportunity, but for every position available there might be at least 20 applicants — I'm guessing."

Two hours after opening, 600 people had passed through the doors according to Sarah Urbanowski, manager of corporate communications with the YYC Airport Authority.

"We expected a very good turnout, just because of the variety of roles here today," she said.

Urbanowski said the job fair was by no means inclusive of all the jobs that will come out of the airport's new international terminal, which will add 24 gates and two million square feet to the airport.

She encouraged people interested in those opportunities to visit yyc.com for even more positions.

People leaving the fair said they felt underwhelmed by the 10 booths that were available inside.

Sebastian Klein said many of the employers weren't accepting paper resumés but instead directed him to apply online.

"I definitely thought there would be more opportunities to talk to more representatives and hand in more resumés, but I guess what they offer is what it was."

## METRO ASKS:

## What kind of job were you looking for?

JENNIFER FRIESEN FOR METRO

"I'm hoping there are jobs in finance that I can apply for. Everyone says it's hard out here now and it's a little scary, especially seeing the number of people here."

Debby Okoli

"I'm looking for a drafting position, but I don't think they have any. Right now, any position is fine for me. As long as I'm working, I'm happy."

Sophie Zhang

PHOTOS JENNIFER FRIESEN/FOR METRO

# Albertans divided over Kenney

EXCLUSIVE

## Former cabinet minster polled very high in rural areas

Brodie Thomas
Metro | Calgary

At the very best, Jason Kenney faces an uphill battle in his bid to unite the right, according to an exclusive ThinkHQ/Metro poll.

Kenney's approval numbers are not that promising on a provincial scale according to ThinkHQ president Marc Henry.

"He's got an advantage in terms of his profile with Albertans, but his numbers are not overwhelmingly strong," said Henry. "He's got 37 per cent of Albertans who approve of him, but he's got 35 per cent who disapprove. It's kind of 'meh.'"

The poll of 1,221 people, which looked at the popularity of potential candidates for the PC Party leadership, comes with a caveat, Henry said.

Jason Kenney's claims that he could win over NDP voters as the leader of a united right party don't really hold water, according to an exclusive ThinkHQ/Metro Poll. JEFF MCINTOSH/THE CANADIAN PRESS

He notes the leadership will be decided by delegates sent to the convention, and that means just about anything could happen. The poll numbers are only a reflection of current popularity in the general population, and not who might win the leadership race.

The next highest approval rating was Calgary PC MLA Sandra Jansen. She had a 19 per cent approval rating but a 25 per cent disapproval rating.

Kenney polled very high in rural areas, with net approvals ranging from 13 per cent in central Alberta to 24 per cent in southern Alberta.

He had a net approval of only three per cent in Calgary, and -20 in Edmonton.

The poll also delved into candidates' approval rating amongst decided voters. Kenney's claims earlier this month that he might win over NDP voters don't hold water, according to the poll.

For decided NDP voters, he had a 74 per cent disapproval rating.

Mount Royal University political scientist Lori Williams said Kenney's disapproval numbers from progressive voters could point to a problem for the planned united right party.

"A Progressive Conservative Party that is too far to the right might see people seeking an alternative in the Liberal or the NDP parties," said Williams.

She said the other potential candidates such as Vermillion-Lloydminster PC MLA Richard Starke, who are polling as unknown to Albertans, can use that to their advantage.

While they're not well known, they're also not strongly disliked the same was as Kenney or former Edmonton PC MLA Thomas Lukaszuk — who had a 44 per cent disapproval rating.

> "A Progressive Conservative Party that is too far to the right might see people seeking an alternative in the Liberal or the NDP parties."
> Lori Williams

"There's definitely an opportunity there and with a well run campaign there's an opportunity to grow," said Williams.

This online survey utilizes a representative but non-random sample, therefore margin of error is not applicable.

However, a probability sample of this size would yield a margin of error of +/- 2.8 percentage points at a 95 per cent confidence interval.

To join the Voice of Alberta Panel, visit voiceofalberta.com.

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# Memorial garden finds new role

FORT MCMURRAY

## People pitch in for upkeep neglected during wildfire

Lucie Edwardson
Metro | Calgary

Bill Brook once said he couldn't tell a weed from a flower in his late wife Christina's memorial garden in Fort McMurray.

Brook told Metro in June he'd started the garden with permission from the city in 2013 because he wanted to do something nice for his wife who was battling cancer.

The garden was built in a public green space on Woodland Drive and Tamarack Way and was completed in the fall of 2013. Christina passed away a few months later.

After Fort McMurray was evacuated when wildfires engulfed many parts of the city and threatened others, Brook said the garden grew even more unruly and overgrown.

"This year with the wildfire that happened and everything like that, I wasn't able to take care of it," Brook told Metro back in June.

So, he put out a call on a local gardening group asking for some help — and help they did.

Brook said in the last few months generous Fort McMurray gardeners have stopped by to weed, plant, and water the memorial garden back to life.

"All the plants are coming in real nice, it's quite beautiful," he said. "Now it's just minor upkeep so it's not such a huge task."

Improvements to the garden include newly planted flowers and plants provided by Fort McMurray garden enthusiasts.
BILL BROCK/CONTRIBUTED

Brook said residents often text or message him

"It's awesome. To see the community actually come out and start doing this kind of stuff is great," he said.

Brook said for those who lost their own gardens in the fire or simply don't have one, this garden has become theirs too.

"Some people were telling me because they lost their home or they're living in a condo or apartment or something like that, they don't have a place to go to so this garden is filling that void for them."

Christina would have loved to see this kind of spirit, according to Brook.

"I'm sure she would have be very pleased to have everyone come out and help," he said.

POLICE

# Impaired driving charges laid against dad with kids in car

RCMP have charged a Calgary man with impaired driving after a tip came into 911 describing a Dodge Caravan "driving all over the road," southbound on the QE2 highway, Saturday.

According to RCMP, on Saturday around 9:20 p.m. Airdrie RCMP received a call about the Dodge Caravan driving recklessly.

RCMP said the caller provided a detailed description of the vehicle and police were able to intercept it on Highway 2 near Yankee Valley Blvd. Police investigated the driving pattern and noted the driver displayed signs of impairment.

The driver was arrested as a result of the investigation and transported to the Airdrie RCMP detachment where he provided samples of his breath – at nearly 3.5 times the legal limit.

"The concerning nature of this impaired is that three children under the age of 10 were in the vehicle at the time of the offence. All three children were returned to a family member following the arrest of the driver." said RCMP Const. Matt Gervais. "This is another great example of citizens calling 911 after noticing unusual driving behaviour to help remove another impaired driver from our roadway."

The 46-year-old male from Calgary, Alberta has been charged and will appear in Airdrie Provincial Court. METRO

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**Calgary is a family type city. Look at Stampede.**
Krystal Walter, local matchmaker

A survey found men and women in Calgary thinking parenthood . WIKIMEDIA COMMONS

# Babies on the brain

TRENDS

## Local singles likelier to be thinking about kids: Survey

Aaron Chatha
Metro | Calgary

Have you been taking note of more strollers in the park, pinching every pudgy cheek in the vicinity and making a notable increase to your daily funny face quota?

Well, other than having some possible boundary issues, you've probably been bitten with Calgary's baby craze.

According to a survey conducted by Elite Singles Magazine, Calgarian singles are the most parentally inclined of any city in Alberta.

The study polled 84,000 Canadians and asked them, "Do you want children?"

In Calgary, 43 per cent of the participants answered yes, compared to an average of 35 per cent across the province.

According to local professional matchmaker Krystal Walter, there's a few factors that may contribute to those results.

From her experience, age is a big one. Those above 30 are much more likely to want create a baby in the near future.

Calgary's family-friendly reputation might also help.

"I think it depends on the city and environment," Walter said. "Calgary is a family type city. Look at Stampede. We might think it's a party, but it's a big thing for people from a smaller community. Places like Toronto, Vancouver aren't necessarily (family cities.)"

Metro conducted its own very unscientific survey by creating Tinder profiles and asking Calgarians what they thought of the results. Our matches were all under 30 in this limited experiment, but they answered us with a resounding "Not yet."

"None of my dates lead to baby talk," said Tinder user Jesse. "I want kids, but not for a while."

User Omar said having a baby is huge financial commitment, and people in the city might be worried about layoffs within the next few months.

"Definitely not ready for a baby, and it doesn't come up that much as I'm busy running a business," said user Francesca.

Focus on a career, in Walter's experience, has been a big reason for Calgarians under 30 not to have a baby — but the economic downturn could be changing that outlook, with increasing layoffs meaning more free time.

"Some people live a little more on the frugal side, and they'll look at it like now they have time to have a baby and start a family. They don't really worry about the cost of it," Walter said.

PRIVACY

# Police want your password

Lucie Edwardson
Metro | Calgary

Password protection might not be enough to keep your cellphone secrets from police if a legislation change the Calgary Police Service is in favour of eventually takes place.

Calgary police Chief Roger Chaffin voted in favour of lobbying for law enforcement agencies to legally gain access to digital evidence, such as cellphone passwords, at the Canadian Association of Chiefs of Police meeting Tuesday.

According to Deputy Chief Sat Parhar, who attended the meeting with Chaffin, these changes would mean — similar to search warrants — police could ask a judge for permission to access things such as phone passwords.

"The whole idea is to have something written in law that supports through evidence to apply for a judge to get information such, as a password, so we can get into their phones faster," he said.

But Rocky Mountain Civil Liberties Association director, Sharon Polsky, said police are always pushing the boundaries of what's an appropriate amount of control to have during investigations.

"Police keep trying to push the envelope to be able to collect more and more information," she said. "If the law ends up being worded well, with clear language, that will be a refreshing change to recent years where language has been so vague it encompasses anybody and everybody."

Parhar said currently police are spending "days and many hours" trying to access this information.

"There needs to be something in play that makes it quicker," he said. "Not to make it quicker so we don't have to do it with any type of oversight. The idea is to actually be more efficient and apprehend offenders faster than traditionally."

HUMAN RIGHTS

# Families of detained must be proactive: Fahmy

A Canadian journalist who spent almost two years jailed in Egypt says the families of two people detained in the Middle East can't rely solely on the government to win their freedom.

Mohamed Fahmy, a former Al-Jazeera journalist, was released last year after receiving a pardon from Egypt's president.

Fahmy, who was speaking at a human rights conference in Calgary, says government assistance is key in freeing a Calgary imam detained in Turkey and a Montreal professor arrested in Iran.

But he adds that it's essential their families work with NGOs, human rights groups and the media to give the two a human face and garner international attention.

Imam Davud Hanci was arrested in Turkey last month for allegedly helping orchestrate a coup attempt, while university Prof. Homa Hoodfar was arrested in Iran earlier this year and has been indicted on unknown charges.

Fahmy says he has proposed a new protection charter that would increase Canada's intervention and support for citizens and journalists detained or imprisoned abroad.

He also wants the government to be more transparent about what actions it takes to help citizens who are in trouble overseas. THE CANADIAN PRESS

Mohamed Fahmy. CP PHOTO

# Fearsome females front and centre

CIFF

## Chokeslam, Van Helsing announced for film festival

Aaron Chatha
Metro | Calgary

This year's gala presentations at the Calgary International Film Festival are all about kick-ass leading ladies.

The Black Carpet makes good on CIFF's promise to break into more TV this year with the premiere of the SyFy series Van Helsing.

It's set in the near future when vampires have risen up and all but wiped humanity out. Vanessa Helsing (descendent of Van Helsing) rises up to help humanity back from the brink.

"She's a fighter, she's a warrior." said Chad Oakes, executive producer. "We've always imagined this as a male action TV series, as a female in the lead. We've empowered this incredible character, and she's one everyone will love and be rooting for."

Meanwhile, the closing gala, finishing off the festival, will host the world premiere of Chokeslam. Written and directed by Calgarian Robert Cuffley, Chokeslam follows an unambitious Corey Swanson — who still lives in his mom's basement — but is given a chance to reconnect with his high school crush, Sheena Halliday, as she comes into town for their 10 year high school reunion.

Sheena, played by Amanda Crew (Silicon Valley), meanwhile, has become a world-famous pro wrestler, who beats people down for a living.

Told you — kick-ass leading ladies in the most literal sense.

**Amanda Crew** plays a physical starring role in Calgary director Robert Cuffley's Chokeslam.
COURTESY ROBERY CUFFLEY

> **We've always imagined (Van Helsing) as a male action TV series, as a female in the lead.**
> Chad Oakes

"All of my movies have had strong female leads — I started that trend around the globe," Cuffley joked, adding he's happy to see that more and more producers are taking chances on strong female characters on screen.

Co-written by frequent collaborator Jason Long, the movie has been in some form of development since 2002. It's been a long road to finish it — in fact, Cuffley only just finished his final edit last week.

"Even just seeing the (first) teaser made me happy," he said. "And Amanda Crew is becoming more of a household name, and there's only so many times in your life you can see her wrestle."

Also announced was Ethan Hawke and Sally Hawkins vehicle Maudie, which will open the festival. The Canadian Gala will feature Two Lovers and a Bear, while the Green Carpet Gala will screen the sustainable food documentary Bugs on the Menu.

For more information, visit calgaryfilm.com.

NATIONAL MUSIC CENTRE

## Free public screening of The Hip's finale

Didn't get tickets to see The Tragically Hip when they rolled through Calgary?

While it might not be the same as seeing Gord Downie light fireworks on stage in-person, Studio Bell and the National Music Centre have you covered.

They'll be hosting a free public screening of The Tragically Hip: A National Celebration on Aug. 20.

It's a live broadcast of The Hip's final show in Kingston, Ontario.

Taking place in the Performance Hall (850 4 Street SE), doors will open at 6 p.m. and the live broadcast begins at 6:30 p.m. METRO

**BACKGROUND**

**Pre-registration** is required as it's expected to fill up fast, so to register, visit studiobell.ca.

TURKEY

## Calgary imam's wife desperate for news

The wife of a Calgary imam says there has been a lot of crying and praying since his arrest in Turkey, where last month's attempted coup has led to a major crackdown.

Rumeysa Hanci says her husband Davud is being wrongfully imprisoned and authorities have not explained what he's accused of doing.

She broke into tears describing spending their 13th wedding anniversary travelling back home to Calgary with their two sons, not knowing when she would see her husband again.

Rumeysa says authorities took Davud in for questioning on the night of July 23 and searched the family's home early the next morning without saying why he was under suspicion.

Turkish media reports have said Davud allegedly helped orchestrate an attempted coup in Turkey last month, which has been followed by tens of thousands of detentions, arrests and firings. THE CANADIAN PRESS

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EDUCATION

# Eggen sends message to LGBTQ students

Ryan Tumilty
Metro | Edmonton

Education Minister David Eggen penned an open letter to LGBTQ kids Tuesday, pledging the province's support with any problems they may have at school this year.

"A few weeks from now, you and thousands of other Alberta students will head back to class. And when you do, you have rights that your schools will respect," wrote Eggen in the letter posted on Facebook. "You have the right to feel safe and welcome at school."

The letter also makes clear that students have the right to form Gay-Straight Alliances and to use the washroom that conforms to their gender identity.

In an interview Wednesday, Eggen said he wanted to make clear to students they would be respected with so many debates recently on LGBTQ issues.

"School is starting straight away and we have had lots of developments around safe and caring schools," he wrote.

The open letter includes an email where LGBTQ students can reach out to the ministry if they have an issue or concern. Eggen said that's not intended as a mechanism to go over the head of principals and school boards.

"We work with our teachers and principals and school boards and from the beginning I have taken an approach that people own the policies and the approaches to quality in their schools on a local level," he said.

Eggen demanded all school boards submit LGBTQ policies earlier this year and said he is now working with a "handful" of boards to finalize their policies.

"It's not a grading pass or fail type thing, but rather for us to help to inform school boards about their responsibilities to the law," he said.

Digital Counters such as this one at 5th Street S.W. show just how many cyclists use the pilot cycle track system. HELEN PIKE/METRO

# Millionth cyclist uses pilot track

CYCLING

## Fanfare and cookies commemorate the milestone

Helen Pike
Metro | Calgary

It was the right type of traffic jam for cycle track advocates.

On Wednesday, the city had spokespeople (get it?) on hand, pedalling cookies to cyclists zooming through one of the highest traffic areas in the network to celebrate a milestone to remember: one million trips.

Although the celebration was about a number, that single cyclist may remain unknown. The trip was read at about midnight according to the city's data. But, ultimately, the city is celebrating each and every wheel that hit the mark; the many that make one million.

The numbers are a celebration point, but there's still work to be done for the city's downtown cycle network pilot.

Several of the marks have surpassed expectations, like 5 Street, where the celebration took place. But other spots along the network, like along Stephen Avenue, aren't meeting their council-set benchmarks of double or triple use.

Tom Thivener, the city's cycling co-ordinator, said those markers aren't what's going to make or break the project. In total they are looking into over 80 markers, and how the project moves forward — if it does — is all in council's hands after September.

"Are people using the network? Absolutely," said Thivener. "Are there sections that could be better connected to improve how they are? Absolutely. Could there be better designs that could be put in place to make them better? Yes."

> **Are people using the network? Absolutely. Are there sections that could be better connected to improve how they are? Absolutely.**
> Tom Thivener

Through the fanfare, curious pedestrians stopped to check out the city's charts, which are also available online. They detail the many other important data points reached through the pilot so far.

One pedestrian, Tim Martindale, said he doesn't utilize the cycle track, but that's because of his commute from the C-Train stop to his Beltline office. He can see how it's useful for cyclists in the core, but mentioned he's disappointed about the lower-volume winter months.

Even motorists got in on the celebration, and while some only looked on with curiosity, others showed support by honking, and whooping for the cycle track.

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# Dual citizens face new passport regulations

AIR TRAVEL

## New policy will come into effect Sept. 30

Canadian citizens with dual citizenships will soon be allowed to fly into the country only if they have a Canadian passport.

The policy will come into effect Sept. 30 as a final phase of Canada's move to an electronic screening system to step up border security and boost exit control of travellers, including Canadians on government benefits.

The upcoming requirement has caught many by surprise calling the practice "discriminatory" against dual citizens and a money grab, and is expected to create havoc as travellers with dual Canadian citizenships may find out only at the last minute when trying to board on a flight.

Ottawa rolled out the electronic travel authorization, or eTA, system last year, requiring air passengers — including all applicants for study and work permits, as well as those from countries that currently do not require a visa to come to Canada — to pay a $7 fee and submit their biographic, passport and other personal information through the immigration department website for prescreening or face being denied entry — with a $7 processing fee. American citizens are exempted.

TORSTAR NEWS SERVICE

**CITIZENSHIPS**

**According to the 2011 Census, at least 2.9 per cent of Canadians — about 944,700 people — had multiple citizenships;** the most frequently reported other citizenships were the United States, the United Kingdom, France and Poland.

Dual citizens will soon be allowed to fly into the country only if they have a Canadian passport. DREAMSTIME/TORSTAR NEWS SERVICE

POLICING

## Minister urges talk on access to passwords

Canadians need to think about how far police should be allowed to go in accessing their electronic devices and communications, the federal public safety minister says.

A federal review of cybersecurity will provide a chance to discuss a proposal from Canada's police chiefs for a new law that would compel people to hand over passwords with a judge's consent, Ralph Goodale said Wednesday.

The Canadian Association of Chiefs of Police says the measure is needed to fight criminals in cyberspace who increasingly use tools to hide their identities and communications.

In the United States, there are literally thousands of smartphones and other digital devices "sitting on shelves" because authorities can't get into them, said Terrence Cunningham, a police chief in Massachusetts and president of the International Association of Chiefs of Police.

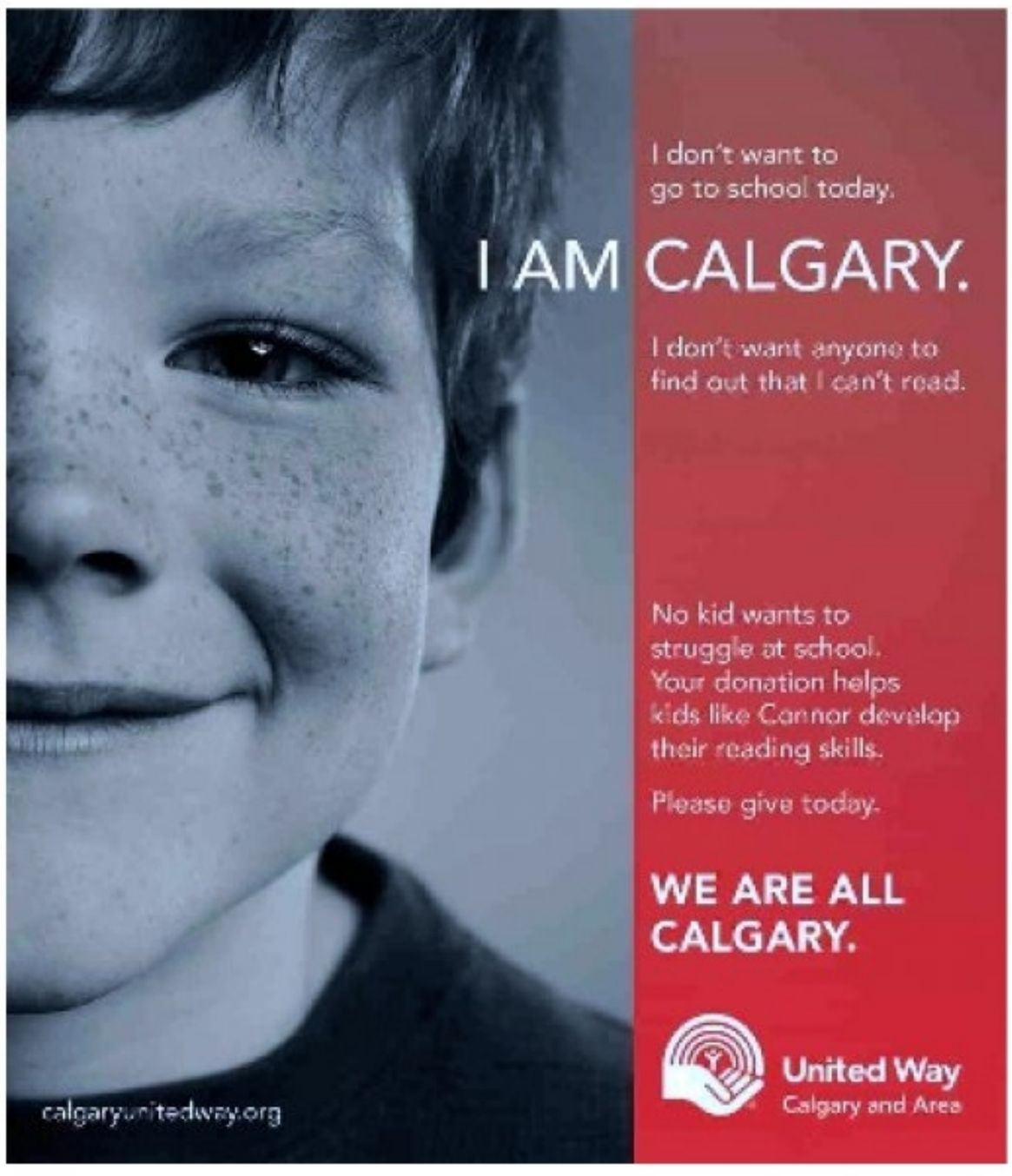
"And we know that those devices hold the answers to the questions that we need so that we can hold people accountable and prosecute some of these cases," Cunningham said during the Canadian chiefs' annual conference this week.

After a speech Wednesday to the gathering, Goodale acknowledged that smartphones contain a wealth of personal data and can reveal much more about a person than an ordinary physical search might.

Civil libertarians and privacy advocates cried foul when the previous Conservative government introduced legislation that would have allowed police access to Internet subscriber information — including name, address, telephone number, email address and Internet Protocol address — without a warrant.

THE CANADIAN PRESS

> We know that those devices hold the answers to the questions that we need. Terrence Cunningham




# Parliament pays tribute to late Mauril Bélanger

Mauril Bélanger loved Parliament so it seems fitting that it has become something of a shrine to the veteran Liberal MP who died Tuesday after a courageous battle with an incurable neurodegenerative disease.

Prime Minister Justin Trudeau was among the MPs who signed a book of condolence set up in the rotunda of Centre Block, just a few steps away from the House of Commons over which Bélanger had presided as honorary Speaker just five months ago.

"We will all miss you," Trudeau wrote. "Your passion, your strength, your perspective, your rigour, your dedication and your wisdom.

"Your legacy of service and hard work will continue to inspire us and all who follow in this place but we will nonetheless miss you, and your friendship, most dearly."

Bélanger died Tuesday at age 61, after a 10-month battle with amyotrophic lateral sclerosis, or ALS, commonly known as Lou Gehrig's disease. He received the devastating diagnosis last November, just weeks after winning re-election in his Ottawa-Vanier riding for the eighth consecutive time since entering federal politics in a 1995 byelection.

Mauril Bélanger in the House of Commons in December 2015. SEAN KILPATRICK/THE CANADIAN PRESS

"I think his greatest legacy is his commitment to his constituents," said Halifax Liberal MP Geoff Regan, who was elected Speaker after Bélanger was forced to bow out.

"This is a guy who took service to people extremely seriously." THE CANADIAN PRESS

> **Your legacy of service and hard work will continue to inspire us.** Justin Trudeau

# Glow-sword battle — don't say 'lightsaber'

LEGAL BATTLE

## Lucasfilm a Force to be reckoned with for organizers

May Warren
Metro | Toronto

The event formerly known as the lightsaber battle drew about a thousand people last round, organizers say. TORSTAR FILE PHOTO

They may look like lightsabers. Some may even sound like lightsabers. But whatever you do, don't call them lightsabers.

Toronto's "glow sword battle," a free event originally designed to celebrate public space, is slated for October 8th in Nathan Phillips Square with a new name.

Formerly known as the lightsaber battle, organizers say they changed they changed that after receiving a cease-and-desist letter from lawyers representing Star Wars' Lucasfilm and settling out of court this spring.

"We can't mention the names of any characters, we can't use any Lucasfilm properties in any of our promotions," said Kevin Bracken, co-founder of event company Newmindspace.

Bracken said he and company cofounder Lori Kufner were "caught red-handed" infringing on Lucasfilm trademark.

Lucasfilm did not immediately respond to request for comment.

"All the stress, all the anxiety, all the sleepless nights, I'm really glad it's over," said Bracken.

Bracken said the point of the battle is to "be a playful part of the urban playground movement" and draw attention to the need for public space in cities.

RECOGNITION

## Feds consider naming buildings after women

The federal government has a list of 29 prominent Canadian women it thinks deserve to have buildings named in their honour, but very little has been done with it.

Status of Women prepared the list of historic female figures more than four years ago for Rona Ambrose, who at that time was the public works minister for the previous Conservative government.

The list includes women's rights activist Nellie McClung, former Supreme Court justice Bertha Wilson, former governor general Jeanne Sauve and novelist Gabrielle Roy.

Nicolas Boucher, a spokesman for Public Services and Procurement Canada, said the government is still thinking about what to do with it.

"This list remains available for possible future use," Boucher wrote in an emailed statement.

One of the names on the list — nurse Jeanne Mance — had already been used for a Health Canada building in Ottawa, but Status of Women included her anyway.

The statement also noted that selecting a name is not as simple as seeing who is available from a preapproved list.

Nellie McClung among those whose name could be on buildings. NATIONAL ARCHIVES OF CANADA/THE CANADIAN PRESS

The new Liberal government is expected to unveil its first federal building name on Thursday, but the women are going to have to wait a little longer.

THE CANADIAN PRESS

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# I need a pro

## I'll hire a financial planner

ISTOCK

**Sean Deasy**

Life is busy enough. Some of us simply don't have the time or inclination to properly plan and manage the larger financial facets of our lives. If that's the case, you may benefit from an objective approach to some really big decisions. Cue the introduction to a financial expert: a pro that can help ensure you stay focused to realize all your financial objectives.

A financial planner can help set financial and personal goals. They start by comprehensively assessing your current financial health — examining income, assets, liabilities, taxes, investments and so on. They can then develop a realistic plan to identify opportunities, leverage your strengths and help you meet your goals.

An expert can offer guidance on a wide variety of concerns — many of which are triggered by life's many stages. These could include managing your inheritance; helping to prepare the transition from being single to married (to divorced); planning for birth or adoption; organizing a funding plan for your children's education; or developing a succession plan for your family business. Every life stage has a financial implication.

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# I'm the pro

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**Sean Deasy**

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However, if your passion for finance is not that strong, you may wish to re-evaluate. Sure, we're all interested in a good return on our savings and a sufficient nest egg for retirement. But being your own financial counsel requires an investment in time and an adherence to detail with a potentially steep learning curve. If you're somewhat intimidated by money and its intricacies, proceed cautiously.

**Do a little self-assessment and determine if this really is the job for you.**

Before becoming your own financial advisor, determine what's important in your life. These decisions will help build a more comprehensive plan. Assess your financial health to see if tweaks are needed. How's your income and debt load? And, most importantly, what are your actual goals?

If you're ready to explore investing, mutual funds — typically bonds and stocks that are selected and managed by a professional on your behalf — are a great place to start. Your path, from now on, hinges on the term "due diligence."

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# French towns ban wearing burkinis

RELIGION

## Yet Muslim women say the ban is sexist as well as racist

**A Tunisian woman in a burkini** at a beach near the capital of Tunis. AFP/GETTY IMAGES

Male officials are dictating what women can wear on French beaches — and people across a wide swath of French society say that's a good thing.

Decrees issued by several mayors this month ban the burkini swimsuit, which France's secular political class says subjugates women and is incompatible with a country whose motto celebrates equality and freedom.

To many Muslim women, that's pure hypocrisy. They see the burkini bans as sexist, not to mention racist and a reactionary backlash to terrorism fears.

Even though it's only worn by a tiny minority, the burkini — a wetsuit-like garment that covers the torso, limbs and head — has prompted a discussion about Islam and women's bodies. At least five towns have banned them, and others are threatening to follow suit.

Prime Minister Manuel Valls says the swimsuit reflects a worldview based on "the enslavement of women."

"That is not compatible with the values of France," Valls said.

But Rim-Sarah Alouane, a religious freedom expert at the University of Toulouse, says the anti-burkini brigade is relying on outdated ideas about Islam to stigmatize France's No. 2 religion.

"What is more French than sitting on a beach in the sand? We are telling Muslims that no matter what you do … we don't want you here," said Alouane. THE ASSOCIATED PRESS

**NATURE WILDFIRE THREATENS CALIFORNIA** A wildfire with a ferocity never seen before by veteran California firefighters raced up and down canyon hillsides Wednesday, engulfing homes and forcing thousands to flee. THE DAILY PRESS VIA THE ASSOCIATES PRESS

IN CANADA

# Quebec politicians cautious

It would be difficult for Quebec to follow the lead of the French cities that have banned burkini swimsuits, the province's international relations minister said.

Christine St-Pierre said the Canadian and Quebec charters of rights and freedoms would make it "very, very difficult to ban" the body-covering swimwear.

While stating she didn't want to immerse herself in another country's debate, she acknowledged the issue is a "delicate" one.

"Do we tell women, 'stay at home, don't leave your home, stay isolated and don't go out?"' she said. "That's the question we have to ask." THE CANADIAN PRESS

INDIA

# Three killed by kite strings

Indian police say three people, including two children, have died after their throats were slashed by glass-coated kite string used in competitions to bring down the kites of rivals.

A three-year-old girl riding with her parents in a car had her head out of the sunroof when her throat was cut by a kite string, her uncle said Wednesday.

The other victims were a four-year-old boy who was also looking out of the sunroof of a car and a man who fell off a motorbike after his throat was cut by a string and it became tangled around his neck.

The deaths occurred in New Delhi on Monday, which was India's Independence Day, when many people fly kites to celebrate.

The city government banned the sale of glass-coated kite string following the three deaths, saying anyone violating the prohibition could be fined up to $1,500. THE ASSOCIATED PRESS


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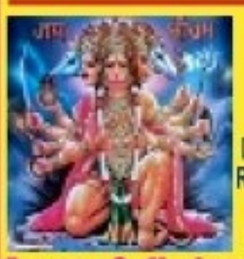

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THE WASHINGTON

# Shipwreck found in Lake Ontario

The second-oldest confirmed shipwreck in the Great Lakes, an American-built, Canadian-owned sloop that sank in Lake Ontario more than 200 years ago, has been found, a team of underwater explorers said Wednesday.

The three-member western New York-based team said it discovered the shipwreck earlier this summer in deep water off Oswego, in central New York. Images captured by a remotely operated vehicle confirmed it is the Washington, which sank during a storm in 1803, team member Jim Kennard said.

"This one is very special. We don't get too many like this," said Kennard, who along with Roger Pawlowski and Roland "Chip" Stevens has found numerous wrecks in Lake Ontario and other waterways.

**The Washington sank during a storm in 1803.** ROGER L. PAWLOWSKI/THE ASSOCIATED PRESS

The 53-foot-long ship was carrying at least five people and a cargo of merchandise, including goods from India, when it set sail from Kingston, Ontario, for its homeport of Niagara, Ontario, on Nov. 6, 1803. The vessel was caught in a fierce storm and sank. THE ASSOCIATED PRESS

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SYRIAN CRISIS

# Iran admits Russia using its air base

In a move that could reverberate across the Middle East, Iran confirmed Wednesday that Russia is using its territory to launch airstrikes in Syria even as a second wave of Moscow's bombers flew out of the Islamic Republic to hit targets in the war-ravaged country.

The development represents a historical rapprochement with Russia that could rile U.S.-allied Gulf neighbours, strengthen Syrian President Bashar Assad and impact the war against Daesh.

Russia first announced the strikes on Tuesday from near the Iranian city of Hamedan, 280 kilometres southwest of Tehran. On Wednesday, Russia's Defence Ministry said another wave of warplanes had departed from Iran, striking targets in eastern Syria.

Alaeddin Boroujerdi, the head of the Iranian parliament's national security and foreign policy committee, then gave the first government acknowledgement of the Russian operation. He said the Russians were using Iran's Shahid Nojeh air base some 50 kilometres north of Hamedan, a secluded base where Russian warplanes were detected landing late last year.

Boroujerdi said the Russian Tu-22M3 bombers landed inside Iran only to refuel, a move that allowed them to carry a larger bomb load of more than 20 metric tons."There is no stationing of Russian forces in the territory of the Islamic Republic of Iran," Boroujerdi added.

In Moscow, Russian Foreign Minister Sergey Lavrov defended the use of Iranian military bases for airstrikes in Syria, rejecting allegations that it could be a violation of UN resolutions prohibiting the supply, sale and transfer of combat aircraft to Iran.

THE ASSOCIATED PRESS

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Relatives and friends of prisoners wait outside a high security prison complex in Silivri on Wednesday. THE ASSOCIATED PRESS

# Turkey frees prison space for plotters

ATTEMPTED COUP

## Decree allows release of some 38,000 inmates

Turkey issued a decree Wednesday paving the way for the conditional release of some 38,000 prisoners, the justice minister said — an apparent move to reduce its prison population to make space for thousands of people who have been arrested as part of an investigation into last month's failed coup.

The government decree, issued under Turkey's three-month long state of emergency that was declared following the coup, allows the release of inmates who have two years or less to serve of their prison terms and makes convicts who have served half of their prison term eligible for parole. Some prisoners are excluded from the measures: people convicted of murder, domestic violence, sexual abuse or terrorism and other crimes against the state.

The measures would not apply for crimes committed after July 1, excluding any people later convicted of involvement in the failed July 15 coup.

Justice Minister Bekir Bozdag said on his Twitter account the measure would lead to the release of some 38,000 people. He insisted it was not a pardon or an amnesty but a conditional release of prisoners.

The government says the attempted coup, which led to at least 270 deaths, was carried out by followers of the movement led by U.S.-based Muslim cleric Fethullah Gulen who have infiltrated the military and other state institutions. Gulen has denied any prior knowledge or involvement in the coup but Turkey is demanding that the United States extradite him.

**2,300**

The number of additional police officers dismissed by the government in a separate decree, also issued Wednesday. Another 136 military officers and 196 information technology employees were also fired.

The Turkish government declared a state of emergency and launched a massive crackdown on Gulen's supporters in the aftermath of the coup. Some 35,000 people have been detained for questioning and more than 17,000 of them have been formally arrested to face trial, including soldiers, police, judges and journalists.

THE ASSOCIATED PRESS

# Niagara Falls adds zip lines to lure teens

TOURISM

## Natural attractions cashing in on popular rides

Niagara Falls is the latest natural wonder to add a zip line, offering honeymooners and everyone else the chance to take an adrenaline-pumping plunge toward churning mist.

The elevated cable rides have evolved from a novel way to explore jungle canopies to almost necessary additions to lure tourists in the 21st century to established destinations. It's a trend that's exposed a rift between those who approach nature like contemplative monks and others who require an extreme, Indiana Jones-style experience.

"We can't make these into museums. We have to keep the general public — the folks that these places have been set aside for — we have to keep them motivated to get out there," argued Tom Benson, co-founder and chief experience officer at WildPlay Element Parks, which built the Niagara Falls zip line.

"How do you take a teenager and get them away from a game console to something that is going to capture their imagination?" he asked.

The booming popularity of commercial zip lines over the past five years — there are at least 200 in the United States — means more people are experiencing nature in a way that would make Thoreau dizzy.

At Niagara Falls, Benson said his four lines angling 2,200 feet along the Canadian side of the gorge were designed to be sensitive to the local environment.

THE ASSOCIATED PRESS

A tourist zips toward the mist of the Horseshoe Falls, on the Ontario side of Niagara Falls. WILDPLAY LTD/THE ASSOCIATED PRESS

MERIDIAN

## Credit union takes on big five banks

Ontario's largest credit union could soon be the biggest financial technology disruptor Canada's Big Five banks face, as it seeks to launch a federally chartered bank that will offer full digital-only financial services across the country.

"I really do think Canadians are hungry for something different," said Meridian CEO Bill Maurin.

Meridian has seized upon new technology that enables it to offer an array of services without opening branches. The bank's lack of physical branches across the country means lower overhead costs and will help it offer the same low-cost structure Meridian offers its credit union members.

"In the past, when distribution was primarily through retail branches trying to compete directly against the large five was more challenging," Maurin said.

Meridian credit union was created in 2005 and has 270,000 members. It won't open any physical bank branches but will continue to operate its 81 credit union outlets in Ontario.

Its new bank plans to offer retail banking services such as personal chequing and savings accounts and loans, including mortgages, when it expects to open in the second half of 2018.

It will later add wealth management and corporate banking services.

TORSTAR NEWS SERVICE

TRANSPORTATION

## City says it's first to give UberX a licence

The City of Toronto says it's the first place in Canada to issue a "private transportation companies" licence to ride-hailing app Uber.

The licence, which was issued Tuesday, puts Uber's transportation service UberX into a category that's separate from taxis or limos.

According to the city website, private transportation companies have to connect prospective passengers with drivers of private vehicles through an app.

The change is the result of a new bylaw that city staff say is meant to encourage "increased competition and innovation" in the ground transportation industry.

A city representative says that with the new licence, Toronto will begin to screen and issue "PTC driver licences" to individuals who drive for UberX. They say the screening includes criminal background checks and driving record checks.

THE CANADIAN PRESS

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metro VIEWS

Your essential daily news

Thursday, August 18, 2016

CHANTAL HÉBERT ON A DEPARTED PARLIAMENTARIAN

## The late Mauril Bélanger earned his place in history as one of a long line of political champions of Ontario's francophone community. It is a role that has long come with the job of representing the Ottawa-Vanier riding.

All Canadians will remember Liberal MP Mauril Bélanger, who passed away Tuesday at 61, for his grace under the cruel duress of ALS. In recent months many will also have come to know of his deathbed wish to make the English version of "O Canada" gender-neutral.

But most of Bélanger's battles were fought on a different language front. He earned his place in Ontario history as one of a long line of political champions of the province's francophone community.

It is a role that has long come with the job of representing Ottawa-Vanier in Parliament and at Queen's Park. Few ridings are more closely associated with the long-standing struggle of Ontario's francophone community to maintain its place on the province's map.

In 1916, it was the site of a memorable standoff between French-language parents and the Ontario government. In protest against regulation 17 — which limited French-language instruction to the first two years of elementary school — the mothers and grandmothers of the students of École Guigues in Ottawa's lower town set up a human chain to protect its classrooms from police interference.

When the authorities showed up, the women famously fought back with hatpins and sewing scissors. Among others, one of Toronto's French-language elementary schools — École Jeanne-Lajoie — is named in honour of a teacher who opened a then-illegal French school after losing her job for teaching francophone students in their mother tongue.

Not all the battles for French-language rights in Ontario go back a century.

Not all the battles for French-language rights in Ontario go back a century.

Liberal MPP Albert Roy who represented Ottawa-Vanier (then known as Ottawa East) at Queen's Park in the 1970s brought in a private member's bill that would have bound the province to offer services in French. The bill failed but a decade later it served as a foundation for Ontario's first French-language services act. Roy also fought for the right of French-speaking defendants to be tried in their language.

It was Bernard Grandmaître, Roy's Liberal successor as MPP, who oversaw the introduction in the late '80s of the act that guarantees provincial services in French in designated areas of the province. Not everyone was happy about it. A number of Ontario municipalities declared themselves English-only, even if the act did not apply to them.

Jean-Robert Gauthier represented Ottawa-Vanier in Parliament for 20 years as of 1974. The Liberal MP fought relentlessly to have French's historic place in Ontario recognized, once even taking up rhetorical arms against prime minister Pierre Trudeau.

**LANGUAGE WARRIOR** Prime Minister Justin Trudeau signs a book of condolence for Liberal MP Mauril Bélanger, who died Tuesday. Bélanger served as MP for Ottawa-Vanier since 1995. CP

Gauthier did not support the 1982 patriation of the Constitution because it did not include the recognition of French as an official language of Ontario, on par with English. But he did have input on the wording of the section of the Charter of Rights and Freedoms that deals with minority education rights. Shortly after it came into effect, the Ontario Court of Appeal ruled that the English-speaking minority in Quebec and its French-speaking counterparts across Canada had the constitutional right, per the new charter, to run their own schools.

Bélanger earned his stripes on the front line of the fight to overturn a 1997 provincial decision to shut down Montfort hospital — Canada's only French-language university teaching hospital west of Quebec. Five years and two pro-Monfort court victories later, Tony Clement, as the then-Ontario health minister, waved the white flag on behalf of the Conservative government.

Today no one questions Montfort's existence. There is a tentative plan afoot to create a French-language university in Ontario. Earlier this year premier Kathleen Wynne offered the province's francophone community an official apology for regulation 17. But Bélanger would not have considered his work done.

He would have liked Ottawa — Canada's capital — to declare itself officially bilingual. Had he not lost his health he would have had a chat with Justice Minister Jody Wilson-Raybould about her contention that a Supreme Court judge can be considered functionally bilingual even if he or she can't hold a conversation in French.

Ottawa-Vanier is no longer home to as tightly knit a francophone community as it was a few decades ago. The proportion of French-speaking voters who call it home has declined. But it remains an iconic riding for the Franco-Ontarian minority. It is also one of the safest Liberal ridings in the country. There will be no lack of contenders to fill the seat. Bélanger would not wish for a faint-hearted successor.

**Chantal Hébert** is a national affairs writer. Her column appears in Metro on Thursdays.

ROSEMARY WESTWOOD

## A broken justice system leaves us judging the judges

It's been a bad week for Terry Semenuk.

The Alberta Judge is presiding over a horrific case of gang rape, where a 17-year-old girl was kidnapped from a bus stop in 2014 and raped repeatedly over eight hours by two brothers, who have pleaded guilty.

But that's his job. What's been especially bad for Semenuk is the way he's handled perhaps the most validating part of the criminal justice system for victims who find a way to come forward, and who win a conviction: the victim impact statement.

In what appears to be an entirely inexplicable move, Semenuk not only denied a request for the young woman's victim impact statement to be read aloud in court by the Crown — he then barred the media from obtaining it.

If Semenuk has good reason for either ruling, he's failed to offer it. A Crown reading the statement might contravene the Criminal Code, and it might conflict with a publication ban on the victim's identity, he's reportedly said.

Neither, according to legal observers, make any sense. Victim impact statements are routinely read by Crown attorneys in Toronto, and the public and media are routinely given access to victims' identities and then expected to follow any publication ban.

Unfortunately for Semenuk, judges of sexual assault trials are under unprecedented scrutiny these days. Thanks to Justice Robin Camp, who in 2014 asked a rape complainant "Why couldn't you just keep your knees together?" we know how ignorant our bench can be. Thanks to a two-year, Ghomeshi-fuelled national conversation, we know how flippantly our justice system treats sexual assault. That's not a matter of opinion: Research shows about 0.5 per cent of sexual assaults make it to court. And unfortunately for judges, they often become the faces of the whole sorry, sloppy, ineffective mess. Because so much of what's wrong with the system lies buried in police reports we never see and cases we never hear about, judges are the visible tip of the sickened iceberg.

In the wake of the Stanford rape case, it's hard to believe Semenuk would be unaware of the power and dignity offered to victims when these statements are publicized. Perhaps he also noticed how much attention they can draw to a judge and his decisions.

Or perhaps he's genuinely ignorant of how they are, to use the words of activist Farrah Khan, "one of the few accommodations we offer survivors."

"Why can't we honour that?" she asked. Really, why couldn't Semenuk?

The answer is: We have no idea. And our judges have to do a lot better than that. When they don't, you can bet we'll be watching.

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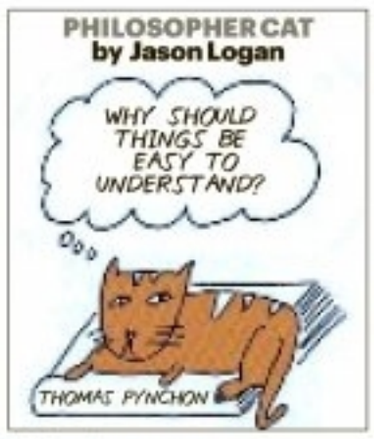


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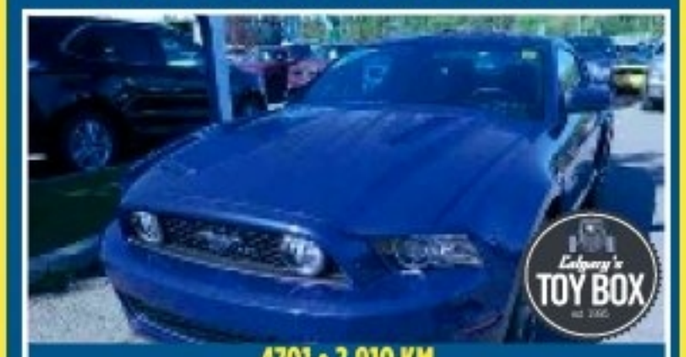

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metro LIFE

Your essential daily news

Thursday, August 18, 2016

It's hard to tell who was more starstruck — four-time Rio gold medallist Simone Biles or Zac Efron, who spent the week tweeting about the U.S. gymnast. They met at the Games this week.

OLYMPICS Q&A

# Gold medallist reflects on the momentum of women in Rio

**Melita Kuburas**
Metro | Canada

# MacLennan is 'over the moon'

Rosie MacLennan, who was the flag bearer at this year's Olympic ceremony, defended her gold medal in women's trampoline on Friday. After suffering a concussion last summer, MacLennan took five months off for rehabilitation that included vestibular ocular therapy, working through her eyes to strengthen parts of her brain. DAVID RAMOS/GETTY IMAGES

If there was more pressure on Rosie MacLennan going into Rio, it was self-imposed.

"I guess there was some expectation and more attention, but I think the most pressure for any athlete is the internal pressure they put on themselves," the trampolinist tells Metro.

MacLennan, 27, who won Canada's only gold medal in London 2012, proved she was still best in her sport by defending her spot last Friday.

"I'm feeling over the moon," she says, reflecting on her performance. Metro asked MacLennan about Team Canada's podium run so far, sexism in the Olympic coverage, and about her own competitive spirit and training methods.

**Which competitors were you keeping your eye on?**
I was definitely keeping an eye on the two Chinese girls, Li Dan and He Wenna. They've been incredibly strong over the past decade. And then the girl from Belarus (Tatsiana Piatrenia) who won the first round — she's been incredibly strong as well. So I guess they were my watch list.

**Canadian women have been dominating the podium. Have you noticed more confidence in our athletes, or do you think it's the result of more investment?**
I don't know necessarily what caused it but I do think there is something to building momentum. So right off the bat when you have top performances, it's really inspiring and motivating for the rest of the team.

So for me, I watched the rugby girls the first three days and they were incredible. They performed a debut Olympic event and I was truly inspired by not only their performance but their attitude; their feelings of gratitude to be here and have the opportunity.

**There has been much talk about sexism in the Olympic media coverage. Is this something the athletes are talking about, or that you have experienced?**
I think a lot of the athletes competing are really just focused on the task at hand but it has been nice to see some of the athletes, (like) Adam van Koeverden speaking up and really defending…female athletes and the way that we're covered.

One of the things about being at the Olympics is you're actually kind of removed from the coverage. We get live feeds of the sport so a lot of the coverage is about that specifically. We're a little bit sheltered from it at this point, but it might start some discussions back home.

**If Penny Oleksiak is picked to be the flag bearer, what advice would you give to her?**
To her or to whoever is picked: just really take in that moment and raise the flag high and proud and just enjoy it, embrace it and take it all in.

I think it's an opportunity to be an ambassador for the team and be a spokesperson for the team in a sense; to help generate conversations about things that you're passionate about.

## PREP MUSIC

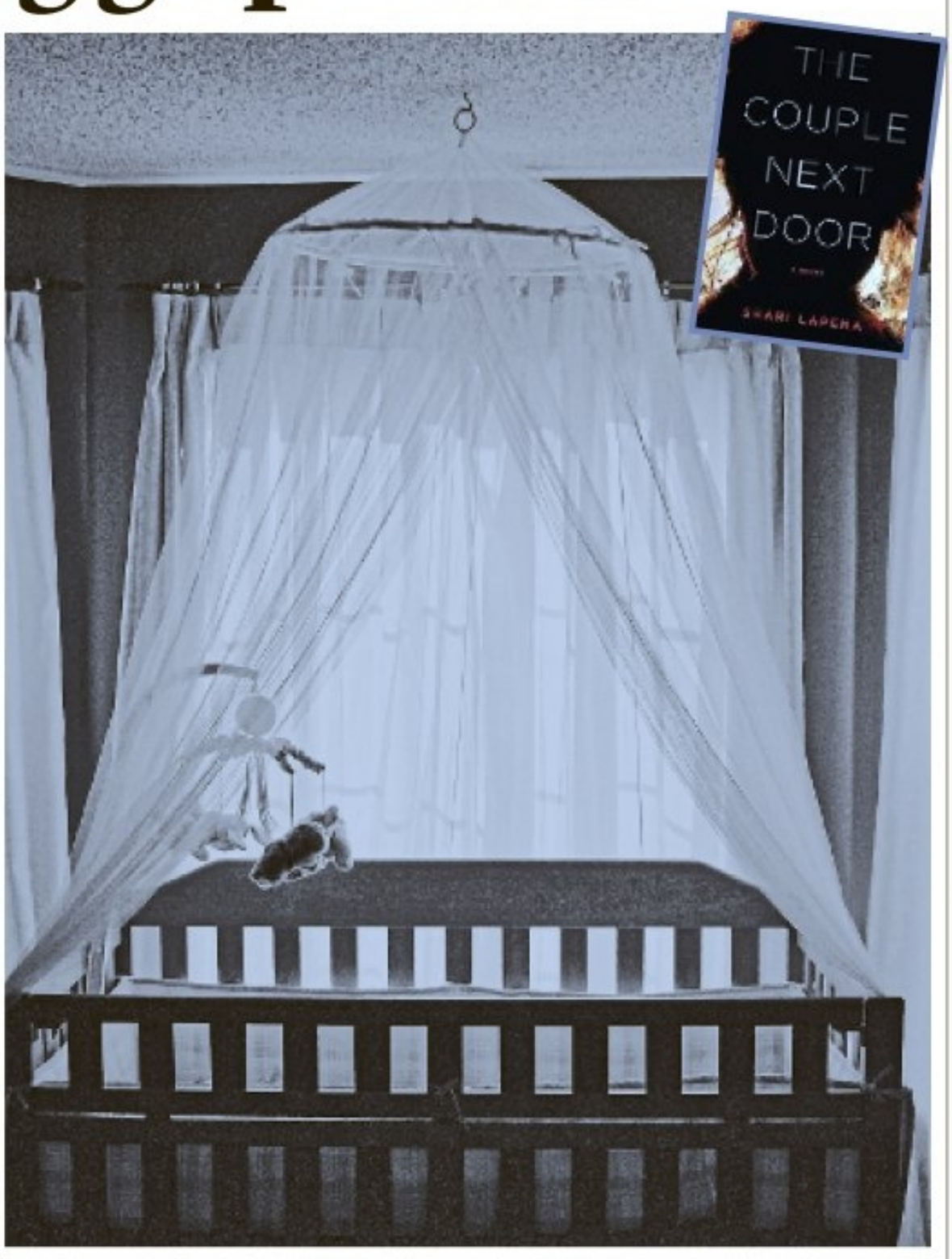
**What does she listen to before a performance?**
"Before my first routine I listened to Citizen Cope, Let the Drummer Kick It, and then before my second routine I often listen to Stronger by Kanye West. The first one is more a pace — it gets me more calm; I love the song. And then Stronger I associate with training and with positive memories in training. It really helps me connect to that level," she says.

# Is this Canada's up and coming grip-lit star?

INTERVIEW

## Shari Lapena's new novel thrills to the final page

Sue Carter
For Metro Canada




**When a couple's baby goes missing from her crib, they find themselves the No. 1 suspects in The Couple Next Door.** CONTRIBUTED

Imagine being accused of a crime you didn't commit. Could you defend yourself, or are there secrets in your past that might not look too savoury or be hard to explain to investigating police and probing media?

It's been the premise behind many movies and television shows, and now that horrifying scenario is at the core of Toronto author Shari Lapena's international breakout novel, The Couple Next Door.

The domestic thriller follows Anne and Marco Conti, a seemingly happy and well-off couple with a new baby, Cora.

When their babysitter cancels right before a dinner party at the neighbour's house, Marco convinces Anne, who is suffering from postpartum depression, to leave Cora at home with a baby monitor.

But when Cora is discovered missing from her crib, the new parents find themselves the No. 1 suspects in the crime. The story digs deep into each of their emotions, following their every move throughout the investigation, with a plot that doesn't stop surprising until literally the very last page.

On paper, Lapena doesn't come across as Canada's next big grip-lit star.

She had a lifelong dream of becoming a writer, but went into law as a "practical choice." She then became an English teacher, which suited her career aspirations much better, but 17 years ago after the birth of her child, decided to try out writing full-time.

Lapena wrote two "quiet literary novels," Things Go Flying and Happiness Economics, which was shortlisted for the 2012 Stephen Leacock Medal for Humour (she lost to Patrick deWitt's The Sisters Brothers), but deep down had always wanted to write a thriller. "I didn't think I had it in me," she says, laughing.

"Plotting has never been my strength so I was intimidated with the idea because I know the plotting has to be airtight and perfect and full of twists."

She decided to give it a shot anyway, thinking that if the manuscript didn't work out, she could always shelve the story and never show anyone.

> **I love it, I'm going to stick with the thrillers. It's so fun to do. I think I have a natural bent for it**
> Shari Lapena

"But the plot came along quite naturally, it was easier than I thought," Lapena says.

It's a good thing Lapena stuck to her idea: The Couple Next Door is a life-changer. The novel has sold in more than 20 international territories, and is already on The Sunday Times' bestseller list since being released in the U.K. in July. Although Lapena's novel has little in common plot-wise with other successful domestic thrillers such as Gillian Flynn's Gone Girl and Paula Hawkins' The Girl on the Train, it has found a fan base with readers who enjoy stories where evil lurks behind the walls of nice suburban homes.

"There seems to be a lot of interest in normal settings. I don't know if people can better relate to them or find them so much more darker and twisted," says Lapena.

"I love spy thrillers but most people are not spies or criminal lawyers, but they do have families and homes so they can identify with what's going on in their homes."

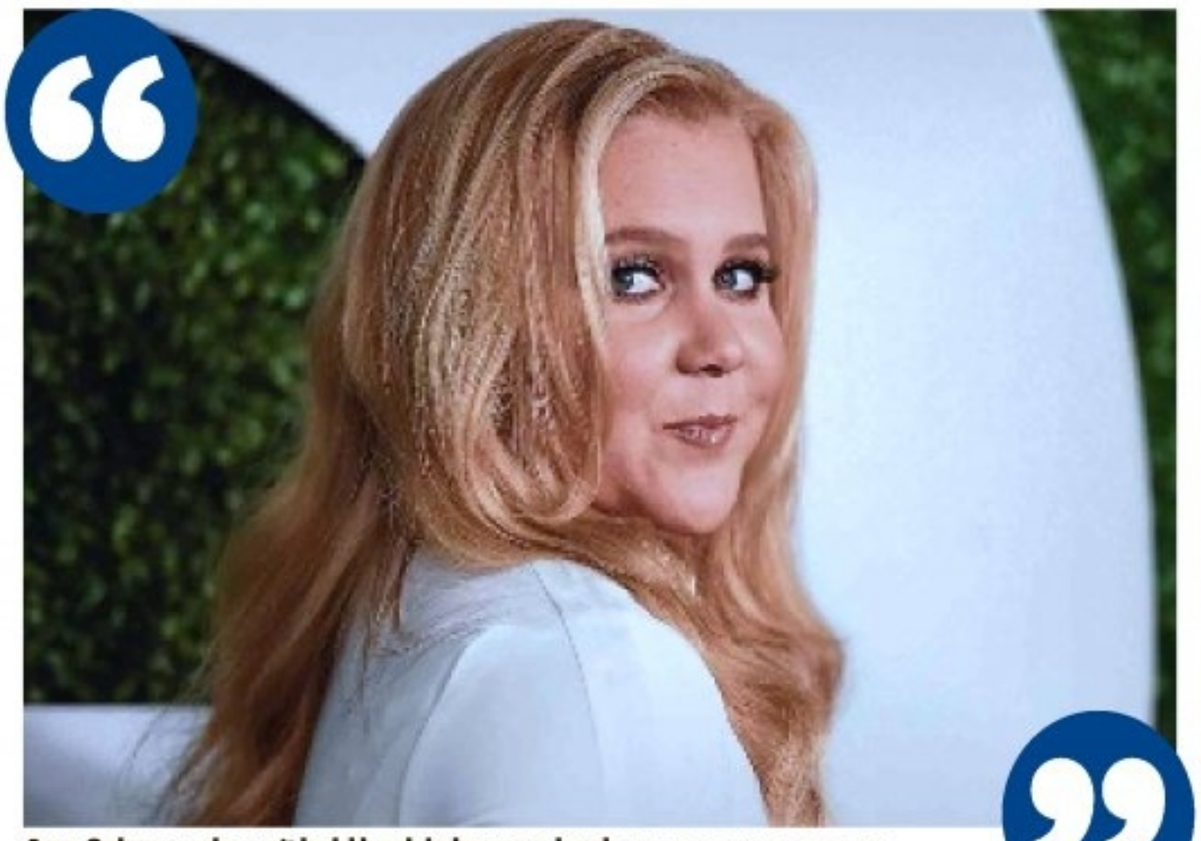
So now that Lapena has more than proven that she can write page-turners will she continue to write more?

"I love it, I'm going to stick with the thrillers," she says. "It's so fun to do. I think I have a natural bent for it."

Sue Carter is the editor at Quill & Quire magazine.

# 6 REVEALING QUOTES FROM THE NEW AMY SCHUMER BOOK

If you love Schumer, then you'll love The Girl With The Lower Back Tattoo, which extends and deepens our sense of her personality. TORSTAR NEWS SERVICE



Amy Schumer doesn't hold back in her new book. THE ASSOCIATED PRESS FILE

**On seeing, and not recognizing, photos of herself paddle boarding in the tabloids:**
Oh, cool, Alfred Hitchcock is alive and loves water sports

**On her lower-back tattoo and getting trashed on social media:**
There's nothing anyone can say about me that's more permanent, damaging, or hideous than the statement I have forever tattooed upon myself

**On Hollywood**
... it's an industry of people who judge most women almost solely on their appearance, and where every day women feel themselves barrelling toward death and decay while smaller, hotter actresses like Selena keep appearing like Russian nesting dolls

**On calling Fayetteville, N.C. and Tampa, FL. "horrendous cities"**
I'm not scared of writing that and making those people mad, because I know for a fact that no one who lives there has ever read a book

**On the demeanour of the Bloomingdale's manager who caught her and her sister shoplifting:**
He was radiating smugness like someone who works at the Apple Genius Bar on the day of a product release

**On having had only one one-night stand:**
I'm just too pragmatic and lazy for one-night stands. I consider consequences and I don't drink like I did in college

## BOOK BRIEF

**Investigating the occult**

If you want to write a cool story, all you need is one great idea. Joe Golem: Occult Detective, has at least three.

The hero is a golem, made from mud and magic. But he's also a hard-boiled detective in the pulp tradition. And he investigates occult crime in an alternative Manhattan of the 1960s, 40 years after a catastrophic flood turned it into an apocalyptic American Venice. So cool.

Even better, it comes from the mind of Hellboy creator Mike Mignola, along with novelist Christopher Golden.

This is the pairing that created the freaky Baltimore novels, and the two stories in this Joe Golem book, which collects a mini series, are just as weird. Joe, whose mentor is keeping his origins from him, is hunting for children who are being snatched from boats by an unseen horror. In the second story, he's battling the return of the dead who drowned in the cataclysm.

It's exciting, violent, sad and creepy, and definitely worth a read.

MIKE DONACHIE/ METRO

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# The man who defended Lennon

NEW MEMOIR

## Leon Wildes took on Nixon to keep ex-Beatle in the U.S.

Former Beatle John Lennon was living quietly in New York with his wife, Yoko Ono, seeking custody of Yoko's daughter by her first husband. It was 1972, the era of Watergate, a paranoid time when president Richard Nixon believed everyone on the left was out to get him. Lennon had spoken out in support of radical causes and ergo was wiretapped, followed and, finally, threatened with deportation since he wasn't a U.S. citizen. In order to fight this, Lennon and Ono hired immigration lawyer Leon Wildes, who tells the tale of his legal efforts on behalf of the couple in John Lennon vs. the U.S.A: The Inside Story of the Most Bitterly Contested and Influential Deportation Case in United States History. He talks about his book here.

**It's hard to believe that when you took on Lennon's case you'd never heard of him. The Beatles had been the most famous rock band in the world.**

I grew up in a little town in Pennsylvania and we weren't very sophisticated. It was only when I came to New York that I expanded my view, but even then, I was never into that kind of music. One day, after coming back from the Lennons' apartment in Greenwich Village, I was in a taxicab and I asked the driver if he knew who John Lennon was. He looked at me as if I was really weird. "John Lennon is the greatest musician in the world," he said. He asked me who I thought was the most famous musician in the world and I said Ludwig van Beethoven. The driver said many more millions would have heard John Lennon than Beethoven. It made me appreciative of Lennon's very special character. He didn't act like he was one of the greatest musicians.

**The list of people who were willing to come and testify on John's behalf was amazing.**

I asked John and Yoko to give me a list of friends. They met Gloria Swanson in a health-food store. As a result we actually got her to testify. I didn't have to ask any one of these famous people. They simply volunteered. One of the people who was at the hearing and was disappointed that he didn't get to testify was Jack Nicholson. Everybody knew John Lennon and everyone wanted to protest.

**This really was a political rather than a legal case, an abuse of immigration law. Did anything change in the law at that time to make it easier for those seeking residence in the United States? I know 9/11 threw another kink into the works, but prior to that, did the Lennon case help?**

I think that it did. In my practice we were able to help people based on what was determined in the Lennon case. President Obama worked to allow children who were brought into the U.S., illegally, under the age of 16 to get a driver's licence when they get older, admission to college and working papers, and so on.

I have been writing this book for 40 years, but it was a result of the hopeful anticipation that the president would use his administrative power to help young immigrants that pushed me to finish.

TORSTAR NEWS SERVICE

**Leon Wildes, left, with John Lennon on the steps of the Southern District Federal U.S. Courthouse in Manhattan in 1972.**

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JOHANNA SCHNELLER WHAT I'M WATCHING

# Green Wing sends up all kinds of hospital show tropes

**THE SHOW:** Green Wing
**THE MOMENT:** The ladies room

**Green Wing makes funny look effortless.** CONTRIBUTED

Joanna (Pippa Haywood) is the caustic director of human resources at a British teaching hospital straight out of a Monty Python routine. Her colleague Sue (Michelle Gomez), the staff liaison officer who can't be bothered to help her staff, stands next to her.

Surveying her reflection, Joanna unbuttons an extra button on her tight blouse and rearranges her breasts. Seeing this, Sue tries to do the same. But she's wearing a high-necked white T-shirt. After moving her hands atop her shirt unsuccessfully, she simply lifts her shirt all the way up, revealing bigger breasts, which she jiggles aggressively at Joanna.

The women head for the door, openly out-sexying each other. Sue shakes out her ponytail and whips her hair. Joanna raises her skirt and shows off her garter belt. Sue takes her skirt off. They bang into each other as they exit.

This 2004 English series recently showed up on Netflix, and it's a romp.

Its scenes are more sketches that end in punchlines than they are narrative, and it sends up every trope of hospital shows (how many times have we seen ladies' room primping played straight?).

Everyone is insanely competitive. No one gives a toss about patients. They smoke like chimneys.

It's also a delight to spot the baby-faced versions of British talent we've come to love: Olivia Colman (Broadchurch) as a scattered administrator; Tamsin Greig and Stephan Mangan (Episodes) as a doctor and anesthetist; even John Oliver pops up in episode one as a used-car salesman. They make funny look effortless.

---

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP

# Kevin Smith takes on Instagram troll

Director Kevin Smith is taking on an online troll who called his daughter "ugly" and "talentless" and wished her dead on Instagram.

Smith posted on Facebook the comment he says his 17-year-old daughter, Harley Quinn Smith, received after posting a picture of herself on Instagram.

Smith writes that his daughter took the comment in stride and was "bemused by the bitterness."

He says the commenter would be better off making his "own dreams come true, instead of slamming others for doing the same."

Smith directed his daughter in Yoga Hosers, which is set for wide release next month.

THE ASSOCIATED PRESS

**Harley Quinn Smith and dad Kevin Smith. After an Instagram troll called his daughter 'ugly' and 'talentless,' Smith said the commenter would be better off making his "own dreams come true instead of slamming others for doing the same."**
JAMIE MCCARTHY/GETTY IMAGES

## GOSSIP BRIEFS

### Drake, Eminem bury hatchet in Detroit

Drake and Eminem have knocked down rumours of bad blood by appearing on stage together at Drake's show in Eminem's hometown of Detroit on Tuesday night. The rappers have been the topic of online conversation this month amid a beef between Drake and Joe Budden, who is a part of Eminem's Shady Records.

The Detroit Free Press reports Eminem rose from below the stage near the end of Drake's concert at Joe Louis Arena.

The newspaper reports Eminem's rhymes on Drake's Forever were drowned out by a wildly excited crowd. Drake told the crowd Eminem was the "greatest rapper" to ever get on a microphone.

THE ASSOCIATED PRESS

### Man charged with stalking Kendall Jenner

A man arrested outside model and reality television personality Kendall Jenner's Los Angeles home has pleaded not guilty to misdemeanour trespassing and stalking charges. Shavaughn McKenzie entered the plea Tuesday. He faces up to six months in jail and a $1,000 fine if convicted of either charge.

Mateljan says McKenzie's bail was set at $120,000. He remains in custody and jail records do not show whether he has an attorney.

Police say Jenner found McKenzie in her driveway after returning to her home Sunday night.

Records show McKenzie pleaded no contest to a pair of trespassing cases in May. He is due back in court on August 30.

Jenner is the 20-year-old daughter of Kardashian family matriarch Kris Jenner and Caitlyn Jenner.

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metro HOME

Your essential daily news

Hugh Hefner's next-door neighbour buys Playboy Mansion for $100M U.S.

MEET THE CONDO

# Reflections along the canal

CONTRIBUTED

## Project overview

Reflections by Truman is just minutes from the beautiful 4.8km Chestermere Lake that provides a wide range of recreational options including boating, sailing, canoeing, fishing and more. Each home features nine-foot ceilings on the main floor.

## Housing amenities

These townhomes features garages, a VacuFlow rough-in, a garburator rough-in including switch and outlet and more. Each unit comes with a one year builder warranty, a 10 Year Alberta New Home Warranty protection on the structure and a security system with keypad and motion.

## Location and transit

This development is near existing elementary and middle schools, green spaces aplenty, tot lots and serene ponds all nestled against the canal. Rainbow Falls is located in Chestermere, which is just a 10 minute drive from Calgary where public transit exists.

## In the neighbourhood

Rainbow Falls has matured into an established community anchored by a 300-ft. waterfall that gives the community its name. The community offers wide variety of activities from bike riding, fishing, sailing, skating and more as Chestermere Lake is just minutes away. KRISTA SYLVESTER/FOR METRO

## NEED TO KNOW

**Builder:** Reflections by Truman
**Architect:** Norr
**Interiors:** Truman
**Location:** Rainbow Falls, Chestermere
**Building:** 38 Townhomes
**Sizes:** Between 1,450 sq. ft. to 1,500 sq. ft.
**Pricing:** From $299,000 to $309,000 including GST
**Suites:** Three bed and two bath
**Status:** Under construction and now selling
**Sales Centre:** 51 - 111 Rainbow Falls Gate
**Email:** barry.byman@trumanhomes.com
**Phone:** 403-660-6583

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# Heat-hardy plants are the bee's knees

GARDENING

## Drought-resistant plants draw pollinators

Water-wise gardens don't have to resemble sterile moonscapes, devoid of anything but layers of rock and gravel. They can feature scores of attractive drought-resistant plants that invite bees, butterflies, hummingbirds, and other pollen- and nectar-gathering species to your yard.

Xeriscaping is an important gardening approach for arid areas, said David Salman, founder and chief horticulturist for High Country Gardens in Santa Fe, New Mexico.

"But regardless of where you live, xeriscaping can be as simple as planting native and Old World plants whose water needs meet an area's normal precipitation, thus needing little if any supplemental watering once established," he said in an email.

Both perennials and annuals have a place in pollinator-supportive gardens. Salman recommends annuals that naturalize themselves by re-seeding, so they are persistent in the landscape.

He also suggests using a combination of perennials that will bloom from the start of the growing season until hard frost in the fall. Those can range from trees to shrubs, herbs to succulents, grasses to ground covers.

Environmental controls also will make your yard more attractive to pollinators.

"The use of windbreaks and building-sheltered areas in windy climates is one," Salman said, a nod toward protecting wind-averse bumblebees.

"The use of mulches in dry climates is another. Using runoff water from a home's roof to water a shade tree would be still another. This saves both energy (air conditioning) and the need for supplemental irrigation."

Succulents are popular with many gardeners in arid settings, but cacti belong to a plant order with higher durability.

"Some cacti are hummingbird attractors — those that flower bright red," said James Cane, an entomologist with the U.S. Department of Agriculture/ARS Insect Pollinating Research Unit at Utah State University. "Other succulents, like sedums, are pretty attractive to bees. But freezing temperatures can be hard on succulents."

Go easy on using weed barriers like erosion cloth when xeriscaping, Cane said.

"It's important to be judicious with it," he said. "Don't unroll the whole package and then poke holes in it — at least if you want bees and worms. It packs down and eliminates habitat for the ground-nesting bees that comprise about 85 per cent of the wild bee populations in the East."

Which plants suited to sun-seared settings are most pleasing to pollinators and gardeners alike?

"Many Old World species like spring-blooming bulbs, catmints, lavender, Russian sage and European salvia are honeybee magnets," Cane said.

"Native species like goldenrod, sulfur buckwheat, milkweed and blazing star are nectar sources for native bees and butterflies," he said. "Hummingbird mint, native salvia, orange honeysuckle and beardtongue are eagerly sought by hummingbirds."

THE ASSOCIATED PRESS

> **Xeriscaping can be as simple as planting native and Old World plants whose water needs meet an area's normal precipitation,**
> David Salman, High Country Gardens

### + WHERE TO PLANT

Start small. Understand which micro sites in your yard favour xeriscaping. Depressions in the ground that retain scarce rainwater, for example. Or dry corners of your property that with some soil amendments could be converted into efficient pollinator pockets.

**Many old-world plant species, like rosemary, grow well in sun-seared settings and are pleasing to gardeners as well as pollinators.** DEAN FOSDICK/THE ASSOCIATED PRESS

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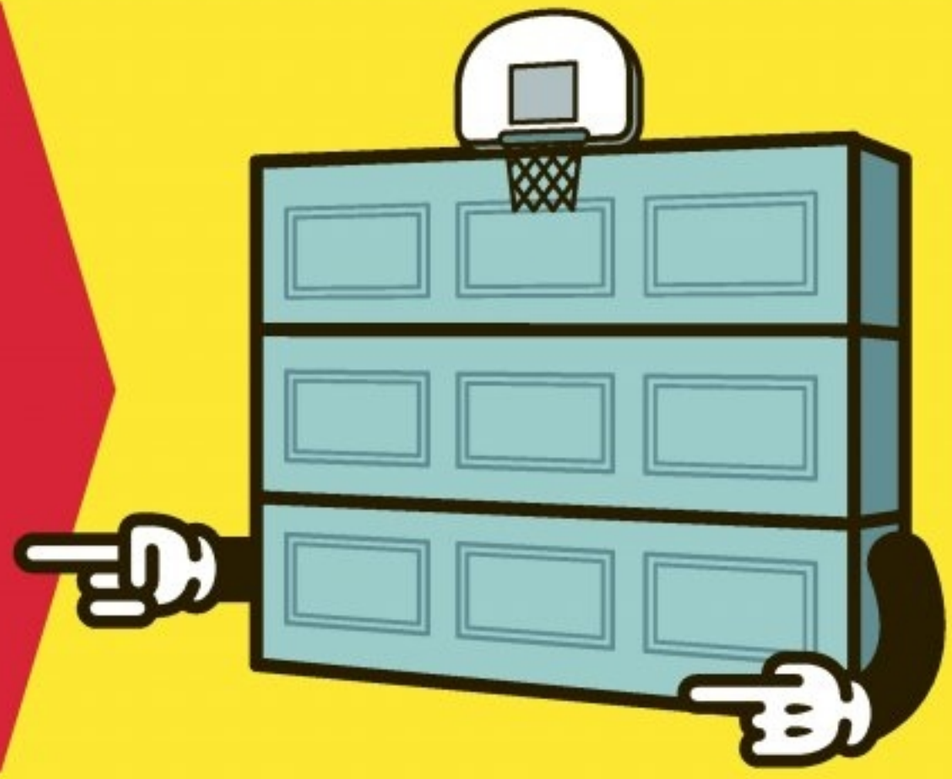

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# METRO SPACES

## A cocoon of a bedroom

ISTOCK

Your bedroom is your oasis — a place to relax, recharge and retreat from the world. It's also where you probably spend the most time between sleeping, getting dressed and lounging in bed with a great book or show. And with the cooler months coming up, you're bound to spend even more time inside, so create the bedroom sanctuary you've always wanted with these five tips.

**1. Choose colour wisely.** Hot pink may be your favourite colour, but do you really want it all over the walls? Colour is a powerful influencer and can really affect the mood and tone of your bedroom, so go for hues that evoke a look and feel you'll want to experience every day. If you want something more airy and serene, opt for neutrals. If you want a brighter, bolder aesthetic, consider using that hot pink as an accent colour in a lamp shade or vase.

**2. Do-it-yourself.** There's nothing like home-made personal touches to make the space feel truly your own. Pick out a fabric you love and make a beautiful case for a decorative pillow. Customize a wooden picture frame with a fun paint colour or textured stain. Repurpose an antique family heirloom or garage sale find. Whether you're a DIY pro or can't sew on a button to save your life, there's a project you can master.

**3. Spotlight your passion.** Animals, photography, fashion, movies — whatever you love, you'll love your room that much more if it's included. Incorporating a few subtle touches is the key to keeping things fresh and stylish rather than gimmicky and overbearing. Use monochromatic images or frame prints in classic colours like white or black.

**4. Deck out your window.** You've heard that a good mattress is the best investment you'll ever make, but a quality window treatment is just as important. Never get out of bed again to set the right lighting with PowerView Motorization, available on a wide array of Hunter Douglas window treatments. This innovative, energy-efficient solution lets you control and schedule your window treatments to adjust automatically, creating the perfect bedroom ambiance day or night.

**5. Finish off with soothing touches.** Complete your sanctuary with comforting accessories that appeal to your senses, like scented candles, cozy blankets and a plush duvet. News Canada

ISTOCK

## Get new floors with extraordinary customer service

When you're getting new floors, you should expect your flooring company to provide excellent customer service, according to Sandy Sangster, owner of Calgary Flooring Designs, a provider of high-quality flooring options in Calgary.

"They should help you streamline the process, giving you control over your choices and budget, and making sure you're well informed about the steps of the process and the current status," says Sangster.

When you're looking for flooring, Calgary Flooring Designs offers the full package, with knowledgeable sales staff, an experienced installation team and a wide selection of quality flooring to help you create your dream project.

The store's stock includes hardwood, engineered hardwood, carpet, luxury vinyl plank and luxury vinyl tile, laminate and ceramic tiles.

"From time of purchase, we can often have your installation within a week," says Sangster. "If we have the flooring you want in stock, you can order it on a Tuesday and we can often have it installed over the weekend."

The professional installation team at Calgary Flooring Designs has decades of experience, with expertise at installing the particular type of flooring you want.

"Our team will make as many trips as necessary to ensure your flooring is installed correctly, fitted to your home, and that you're happy with the result," says Sangster.

Calgary Flooring Designs is located at 105G 58 Ave. SE in Calgary.

# At last, a cool sleep is a dream come true

ISTOCK

During a hot summer, there's nothing like getting into a cool bed at night.

Keeping cool surroundings while you're in bed at night can vastly improve your ability to get a good night's sleep, according to Charlie Gouldsborough, owner of Simmons Mattress Gallery in Calgary.

The family-run company is now carrying the Beautyrest Black series, a new, full line of 12 luxury mattresses that were designed to keep you at the perfect temperature as you sleep.

Simmons Beautyrest Black is the company's premium, luxury series. It's made with triple-wire cable coil providing superior support.

But the real cooling action is in the foam. Beautyrest Black mattresses are made with Black Ice Foam, the coolest foam on the market.

"We're always looking for ways to help our customers get a great night's sleep, and the Beautyrest Black series is an excellent option, especially in summer," says Goudsborough.

While most memory foam contours when your body applies heat to it, Black Ice Foam works differently. It's an air-cool memory foam that will contour with pressure, dissipating heat away from your body.

The mattresses also have a cooling, gel-infused surface inside the top comfort layer of the mattress.

Within the series, Simmons Mattress Gallery offers different options, including a latex version, a hybrid mattress and micro-coils.

Whatever your sleep style and whatever your budget, the well-trained and knowledgeable Simmons Mattress Gallery team can help you find a bed to suit you. The showroom has a huge variety of beds available to try out in person too.

If you decide to take a bed home, the company also offers a 60-night sleep guarantee. The offer allows buyers to try out their new bed for 60 nights. If it's not right, they can bring it back to the store and exchange it for a bed that's better suited to them.

"Since we opened 16 years ago, we've had rave reviews," says Gouldsborough. "Our customers keep returning because they know we'll help them find the bed that's perfect for them."

Simmons Mattress Gallery is located at 7145 11 Street SE in Calgary. Find the store online at agoodnightsleep.ca.

# How to make sure your home is repaired right

When your home has been damaged by hail or another natural disaster, the last thing you'll want to do is navigate the property insurance claims process. Yet it's a crucial step if you want to get your home repaired well.

"Albertans are no strangers to home damage by wind, hail, water or fire," says David Bellingham, general manager of Big Top Roofing and Exteriors.

He believes Albertans should get the home repairs they deserve, to the full extent of the coverage they're entitled to.

To achieve this, Bellingham encourages Alberta homeowners who are making a property insurance claim to make sure they understand what they're covered for, and that they get that coverage.

"Your insurance company will calculate the fair market value of your loss using a computer software program called Xactimate," says Bellingham "It's a system in Alberta that not many people are aware of, but it's essential to understand if you're going to repair your home after damage that's covered by insurance."

Xactimate provides an exact, up-to-date and unbiased cost estimate for repairs to your home.

For example, if your home were damaged by hail this summer, you should expect compensation for the cost of each component of your home that was damaged: the soffits, siding, shingles, windows and so on.

Xactimate generates an accurate and fair estimate for the replacement of each of these. Every qualified contractor will follow Xactimate estimates.

This fact is why Alberta homeowners are wasting their time if they go to several contractors to compare quotes for hail-related estimates, says Bellingham.

Every reputable contractor will be looking to Xactimate for the cost estimate of repairs to your home, so your estimate should be the same across the board.

ISTOCK

"The cost to repair your home for each building component by unit is static," says Bellingham. "It won't be affected no matter how many different estimates you get."

"Most people aren't aware of their rights, roles and responsibilities when it comes to the insurance claims process," he says. "You have the right to be compensated for your loss for each component of your home according to fair market value, and Xactimate provides that."

## Do the research to choose the right repair team

ISTOCK

Once your insurance firm has assessed the damage to your home, it's important to choose the right contractor to repair it.

"Whether or not your contractor works for your insurance company, make sure they have the right credentials," says David Bellingham of Big Top Roofing.

You can't always trust your insurer's contractor, he explains. Some insurers may choose a contractor for your home that will offer them lower pricing on volume when what you should be getting is high quality service.

"From what I have seen in the past 10 years, some preferred vendors are often not credentialed to do the repairs they have been asked to do by insurers, no fault of the Insurers who are merely looking for channel partners to do the work" Bellingham says. "I have seen instances where these vendors are not even doing the work according to Alberta Building Code."

Alberta homeowners can avoid this by doing their research.

The first thing to look for when you're selecting a contractor is whether they're members of a reputable construction association, such as the Alberta Allied Roofing Association or the Siding Contractors Association of Alberta.

The second thing to look for is a contractor who is specialized to do the particular type of job you need.

Bellingham warns against red herrings, such as listings on Home Stars or ads on Google.

These companies may be paying for reputation, not earning it.

"The time you put into that initial search for a good, certified contractor is time well spent," Bellingham says.

*To learn more*

*For more information about insurance claims and hail damage, visit bigtoproofing.com.*

# Get ready, sandwich makers

## Fun finds guaranteed to make back-to-school lunches and snack time shine

**Tanya Enberg**

Keep foods well separated with the colourful California Home Goods, 3-Compartment Reusable Bento Lunch Box. *$26.95 at Amazon.ca*

The Black and Blum Bento Box doesn't take up much space, yet still stores a nice-sized lunch. Bonus — it comes with a fork and clip, as well as a sauce pot. *$28 at Chapters Indigo stores, Indigo.ca*

The Sistema To Go Bento Box features a smart movable slide divider. It also has snack lovers covered with a yogurt container and two compartments perfect for smaller treats. *$22.98 at Staples, staples.ca*

Adorable meets function with the durable Parkland Rodeo Lunch Kit (shown in purple). Designed with an insulated main compartment and a handy front zip pocket for munchies. *$29.95 at Chapters Indigo stores, Indigo.ca*

Paw Patrol fans will be all fired up for lunchtime with the cute backpack and lunch-bag combo. *$15.97 at Walmart (in stores only)*

For teens, lunch gear grows up with the insulted cooler from Dakine (styles vary). *$24.99 at LiveOutThere.com*

Fully insulated with a divider for drinks and convenient pockets on the front and inside, the High Sierra Double Decker Lunch Bags (available in a variety of colours) works serious overtime on lunch duty. *$23.99 at Staples, staples.ca*

Shop with heart. Every purchase of a Me to We water bottle gives a year of clean water to a family in need overseas. *$12.95 at Staples, staples.ca*

Sweeten up water breaks with the unicorn stainless steel bottle form Crocodile Creek. *$11.95 at Chapters Indigo stores, Indigo.ca*

Keep drinks cold for 24 hours with the double walled S'well Dark Heart stainless steel water bottle. *260 ml is $38 and 500 ml is $45 at Well.ca*

Double up snack time with the smart Snack in the Box two-sided container with lids that are super easy for little hands to open. *$13.98 at Staples, staples.ca*

Clear, leak-proof snack containers from Sugarbooger means youngsters can see what's inside. They're also stackable for space-saving once they're done. *$12.98 at Well.ca*

Invest in reusable, kid-friendly cutlery. The Monbento Pocket Cutlery set (shown in blue) is ideal for meals on-the-go. *$12.95 at Chapters Indigo stores, Indigo.ca*

1. California Home Goods 3-Compartment Reusable Bento Box
2. Crocodile Creek Water Bottle — Unicorn
3. Parkland Rodeo Lunch Kit
4. Monbento Pocket Cutlery
5. Snack in the Box

### SHOP SMART FOR REUSABLES

When choosing reusable containers and drink bottles, shop smart for items that are lightweight, with secure closures, so they remain spill free. Also consider stocking up on a few compact ice packs. They will come in handy for keeping the inside of lunch boxes cool.

"Kids don't get a lot of time to eat their lunches so easy to open containers and easy to eat foods are ideal," said child nutritionist Aviva Allen, founder of Healthy Moms Toronto.

"I love bento-box-style lunch boxes. Kids can select from a number of foods in front of them and none of the food is touching."

### THE PACKED LUNCH MADE EASY

Soon kids will return to school and with that comes daily lunch-box panic. What should you include? What should you skip? Indeed, preparing nutritious and satisfying kid-friendly lunches can be challenging.

For stress-free lunchtime success, stick with simplicity and be mindful, recommends child nutritionist Aviva Allen, founder of Healthy Moms Toronto.

"Don't try to be overly creative," said Allen.

"Stick with foods you know your kids enjoy. It's not the time to introduce new foods. The goal is to give them fuel to get through their day and stay focused."

Avoid getting into a lunch-box rut and stave off culinary boredom by offering a wide range of foods throughout the week.

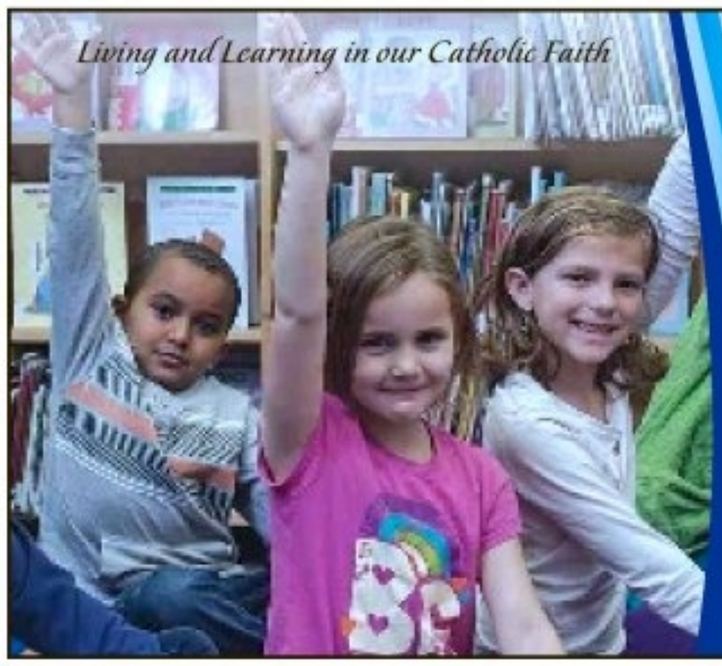
"I always suggest including something from a variety of food groups," Allen said.

"You never know what your kids will end up eating, but at least you have made a balance of nutrients available to them."

Include tasty, healthful snacks, such as cheese, whole grain crackers, yogurt, fresh fruit and sliced veggies served with a side of dip. Consider packing up baba ghanoush, hummus and tzatziki as they are all flavourful, low-fat options, rather than salad dressings.

Jazz up mains with a creative roasted veggie and chicken wrap, a delicious sushi selection (think avocado, zucchini, cucumber and green pepper) or vegetarian rice stir fry. Give salads a simple refresh by adding a sprinkle of goat cheese, pumpkin seeds and strawberry slices, or prepare a robust quinoa salad. Meanwhile, save time by making extra portions at dinner to turn into easy lunch leftovers.

TANYA ENBERG




**Classes begin September 1 for students in the Calgary Catholic School District**

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**To register, contact your nearest Calgary Catholic school for an appointment.** All families are encouraged to inquire. Students born outside of Canada will need to first schedule an appointment at the St. John Reception Centre by calling 403-500-2007.

**For more information about our schools, the various programs offered, busing and/or registration, visit our website at www.cssd.ab.ca or call 403-500-2000.**

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metro RIO

IOC executive Patrick Hickey was taken to a hospital after police came to his hotel to arrest him as part of a probe into ticket scalping

# Confident De Grasse hot on Bolt's heels

RIO2016

## Canuck a step behind 200-metre king in semifinals

At the world championships last year, right after the 100-metre men's final, Usain Bolt confessed to a reporter that he didn't have a clue who this bronze-medalling Andre De Grasse kid was.

He knows now.

The kid from Canada has been right on the legendary Jamaican sprinter's heels all week.

Bronze to his gold in the 100 with a personal best on Sunday, in the pressure cooker of the Olympics marquee event.

Second to him by two-hundredths of a second in Wednesday night's 200-metre semifinal — another PB for the 21-year-old from Markham, Ont.

And Bolt, appearing to deliberately hold up, slow down, with about 40 metres to go, as if waiting for De Grasse to catch up, both of them grinning at each other in the final few strides, giving the impression of jogging together companionably.

Bolt crossing the finish in 19.78 seconds. De Grasse an eyelash behind him at 19.80 — a Canadian record. The Jamaican throwing his arm around the Canadian. Like, let's do this again some time. Thursday evening, actually.

Andre De Grasse and Usain Bolt run in the men's 200-metre semifinals Wednesday night.
MATT DUNHAM/THE ASSOCIATED PRESS

> **I feel like I can keep up with him better in this race.**
> Andre De Grasse

Pitter-patter and pounding feet.

The cocky Canadian, De Grasse, shows all the blithe self-assuredness of youth. But you have to be cocky to be good. And he's good.

"I think I can have a personal best," he casually observed the other day following the 200-metre heats, where he posted the best qualifying time of the field and best time of his season: 20:09. He had looked right, had looked left — shades of Bolt's head swivel on the fly there. "No one was with me."

Bolt, the two-time and defending Olympic champion in the 200 owns the world record time of 19.19.

Since Beijing in 2008, Bolt has not lost a single major championship at 200. Come Friday, his Jamaican squad will be vying to three-peat Olympic gold. De Grasse is anchoring the Canadian team.

"I came to Rio to win three gold medals, to prove myself again as one of the greats," said Bolt. "Someone said if I did I would be immortal.

"I kind of like that. I'm going to run with that."

TORSTAR NEWS SERVICE

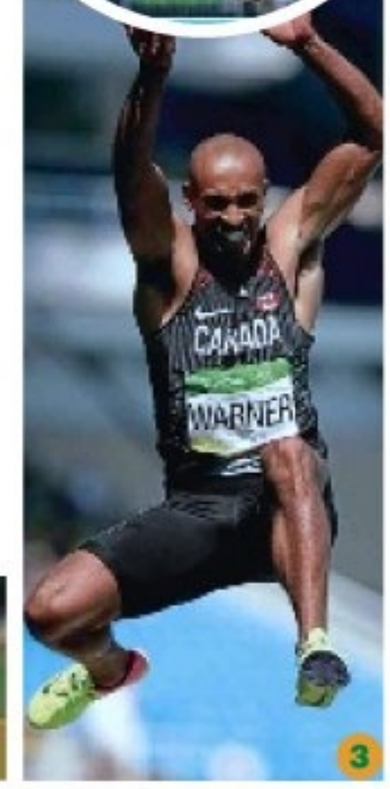
**1 Top qualifying time** — Melissa Bishop of Eganville, Ont., qualified with the best time (1:58.38) in the women's 800-metre heats.

**2 Denied bronze** — Canada just missed the podium in Olympic show jumping, losing to Germany in a jumpoff for bronze.

**3 Strong takeoff** — London, Ont.'s Damian Warner got off to a good start in the Olympic decathlon — he was third overall after Wednesday's five events.

**4 Tee'd off** — Brooke Henderson of Smiths Falls, Ont., carded a 1-under-par 70 in the opening-round of the women's golf tournament. Thailand's Ariya Jutanugarn leads at 6 under, while Alena Sharp of Hamilton sits at 1 under.

PHOTOS BY GETTY IMAGES



SOCCER

# Brazil romps way to gold-medal match

Rafael Alcantara, top, and Neymar helped fire up the home crowd Wednesday.
ODD ANDERSEN/AFP/GETTY IMAGES

Maybe Neymar and his teammates can make the Olympics a success for Brazil after all.

Brazil's celebrated men's soccer team rolled to a 6-0 win over Honduras in the semifinals Wednesday to earn a spot in the gold-medal match.

Brazil started the day 16th in the medal standings, with only three golds in the first 11 days.

Empty seats have been prevalent across Rio, but not at Maracana Stadium, where they packed in to watch Neymar and Co. They didn't have to wait long,

**SEMIFINALS**

| BRAZIL | HONDURAS |
|---|---|
| 6 | 0 |

with Neymar scoring 15 seconds into the game. It was the fastest goal in men's Olympic history, and Brazil led 3-0 going into halftime to cruise into the final.

"We don't want to disappoint the fans," Brazil midfielder Renato Augusto said. "They want us to play well and they want us to win the gold."

Neymar added a goal on a penalty kick in stoppage time, and Gabriel Jesus also scored twice for Brazil, which got off to a slow start in the tournament. But the team picked up the pace and will face Germany, which beat Nigeria 2-0 in the other semifinal. Germany's senior team trounced Brazil 7-1 in the semifinals of the World Cup in Rio two years ago.

"Hey Germany, just wait, your turn is coming up!" a fired-up fan base chanted. THE ASSOCIATED PRESS

## RIO In brief

**Yeats can't grapple bronze**

Dorothy Yeats of Montreal fell short of capturing a medal, losing her battle for bronze in women's 69-kilogram wrestling on Wednesday.

Yeats was defeated 2-1 by Sweden's Anna Fransson.

The Canadian, who won her opening match 11-1 over Nigerian Hannah Rueben, lost 7-2 in the quarter-finals to Sara Dosho of Japan, then edged Buse Tosun of Turkey 3-2 in the repechage round. THE CANADIAN PRESS

**Canadians paddle into final of 200-metre kayak double**

Ryan Cochrane of Windsor, N.S., and Hugues Fournel of Montreal qualified for the final of the men's K2 200 metre.

Cochrane and Fournel were nominated to the Canadian Olympic Team just over two weeks ago after a Russian crew was suspended due to a doping infraction.

The final takes place Thursday morning.

THE CANADIAN PRESS

metro SPORTS

Conor McGregor's news conference with Nate Diaz ahead of their rematch at UFC 202 ended with the two men throwing bottles at each other

RIO2016

## Robbery claim U.S. swimmers detained

The USOC says American swimmers Jack Conger and Gunnar Bentz were removed from their flight to the U.S. by Brazilian authorities Wednesday night, hours after a judge ordered gold medallist Ryan Lochte and teammate Jimmy Feigen stay in the country as police investigate their claim they were robbed during the Olympics.

United States Olympic Committee spokesman Patrick Sandusky confirmed the swimmers were detained but had no other details. Lochte and his three teammates said they were held up at gunpoint in a taxi as they returned to the athletes village from a party, several hours after the last Olympic swimming events were held.

**Ryan Lochte**
GETTY IMAGES

Police have found little evidence so far to support their accounts, and say the swimmers were unable to provide key details in police interviews.

The office of Judge Keyla Blank gave the order earlier Wednesday to seize the passports of only Lochte and Feigen.

Lochte's father, Steve Lochte, said by phone from his Florida home that his son had already returned home and called him Tuesday after arriving in the U.S.

THE ASSOCIATED PRESS

# Yanks can't handle Happ

MLB

## Jays hold on to top spot as pitcher extends win streak to 11

WEDNESDAY In N.Y.C.

| 7 | 4 |
|---|---|
| BLUE JAYS | YANKEES |

Before this season, J.A. Happ had a career record of 62-61 with a 4.13 ERA. This year, he's putting up Cy Young Award numbers.

Happ won his career-best 11th consecutive decision to become the majors' first 17-game winner in 2016, pitching the Toronto Blue Jays past the New York Yankees 7-4 on Wednesday.

"He's just turned into a better pitcher. He's more of a command guy," Toronto manager John Gibbons said. "He's got a great feel. He's doing a tremendous job."

Melvin Upton Jr. hit a three-run homer and Darwin Barney had an early two-run double for the first-place Blue Jays, who hold a slim lead over Baltimore and Boston in the AL East. Russell Martin added three hits, including an RBI single off CC Sabathia, as the Blue Jays took two of three in the series, delighting a vocal contingent of Toronto fans at Yankee Stadium.

Happ (17-3) pitched into the eighth inning and extended the longest active winning streak in the majors. He struck out nine, walked one and yielded solo homers to Gary Sanchez, Starlin Castro and Chase Headley. "If you can try to limit them to solos, you give yourself a chance. That's kind of what happened today," Happ said.

Signed as a free agent in the off-season to a $36 million, three-year contract, Happ has won five straight starts. The 33-year-old lefty, who hasn't lost since June 6 at Detroit, is 3-0 in four outings against the Yankees this year.

**J.A. Happ**
GETTY IMAGES

"He's dominant," teammate Josh Donaldson said. "He's just been doing his thing He's just been great."

Happ hides the ball well and has a sneaky fastball that he moves all around and can elevate to get strikeouts. His big season is a continuation of his success down the stretch last year, when he went 7-2 with a 1.85 ERA in 11 starts after getting traded from Seattle to Pittsburgh.

THE ASSOCIATED PRESS

> He's just turned into a better pitcher. He's more of a command guy. He's got a great feel. He's doing a tremendous job.
> Toronto manager John Gibbons on Happ

**Jays closer Roberto Osuna and catcher Russell Martin hug after Wednesday's win.** JIM MCISAAC/GETTY IMAGES

### BAT SPAT

**Gibby, Donaldson face off**

Heck, it was all over Tom Ford cologne!

"I kind of hit my bat on the dugout there, Gibby leaned over and said, what kind of cologne are you wearing," Josh Donaldson said, referring to a third inning run-in with manager John Gibbons in the Blue Jays dugout that added to Wednesday's the on-field fireworks.

"It was Tom Ford, I got some and was trying it out. He got close enough to get a good whiff. I said back up . . . I'll give you some after the game."

Kidding aside, there was a serious side to the face off between Gibbons and Donaldson, which started after the AL MVP struck out for the second straight time and threw his bat in the dugout. A TV camera caught Gibbons going after Donaldson at the bat rack. The two got into a heated exchange with Troy Tulowitzki and Josh Thole stepping in to separate the two.

"It's no big deal," Gibbons said post game.

TORSTAR NEWS SERVICE

**Josh Donaldson**
GETTY IMAGES

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**Lionel Messi with the Spanish Super Cup.** GETTY IMAGES

SPANISH SUPER CUP

# Sevilla no match for Barcelona

Arda Turan scored two goals before Lionel Messi added a third as Barcelona beat Sevilla 3-0 on Wednesday to win the Spanish Super Cup with a 5-0 victory on aggregate.

Turan, who struggled to find his stride last season, continued to fill in successfully for Neymar while the Brazil star plays at the Rio Olympics.

The Turkey midfielder scored from Messi's pass in the 10th minute before striking from long range two minutes after halftime.

**WEDNESDAY 2nd leg**

| 3 | 0 |
|---|---|
| BARCELONA | SEVILLA |

His goals at Camp Nou followed his assist for Luis Suarez in the 2-0 first-leg win.

Messi headed Barcelona's third in the 55th, his first goal this season.

Barcelona finished with 10 men after Javier Mascherano asked to be substituted with 10 minutes left and after coach Luis Enrique had made all three changes.

Messi, sporting his new died-blond hairdo, raised the trophy after the final whistle. Barcelona added the minor title to last season's Spanish league and Copa del Rey titles to complete its haul for 2016.

It was Barcelona's eighth title of a possible 10 under Luis Enrique. THE ASSOCIATED PRESS

**Christian McCaffrey of Stanford runs past the Iowa's Cole Fisher in the Rose Bowl on Jan. 2.** GETTY IMAGES

# No rest for McCaffrey

NCAA FOOTBALL

## Stanford rusher looks to improve on massive 2015

Now here's a scary thought for defences facing Stanford this season.

One year after shattering Barry Sanders' 27-year-old record for all-purpose yards in a season, Heisman Trophy runner-up Christian McCaffrey is back for his junior season as a "significantly" better player, according to his coach.

"I'm not trying to say he'll get more yards this year than he did last year. That's not what I'm talking about," coach David Shaw said. "I'm talking about a young man who's maturing. He's a year older. His body is still maturing. He's stronger, he's faster. He knows the offence better. It's been exciting knowing how much easier things are for him and also how hard he works."

It will be hard to top what McCaffrey did last season when he ran for 2,019 yards, added 645 yards receiving and 1,200 on returns while scoring 15 TDs and setting the NCAA record with 3,864 all-purpose yards — 614 more than Sanders had in his Heisman Trophy-winning 1988 season. But McCaffrey sees room for improvement and has become bigger, faster and more knowledgeable. He is so well-versed in Stanford's playbook in year three that he knows the assignments of all 11 offensive players on almost every play.

"That's something I've tried to harp on," he said. "I'm not perfect on all of them. But definitely knowing what they're going to do makes my job a lot easier.... You have to know a lot of things and the more you know, the better you play."

Few players have ever done as much on the field as McCaffrey did last year. He was a top runner both inside and when he got out in space. He was Stanford's leading receiver as well, beating defences out of the backfield or when he lined up outside.

He was also a dangerous returner who turned mundane special teams plays into must-watch events and he even threw two touchdown passes. THE ASSOCIATED PRESS

## IN BRIEF

**Ad space to be sold on sweaters for World Cup**

The World Cup of Hockey next month will include advertisements on jerseys as well as puck and player tracking technology for broadcasts.

The NHL and NHLPA announced the ventures Wednesday, as well as plans for fan initiatives in Toronto throughout the two-week event. The tracking technology for TV will include puck speed, player speed and distance travelled. THE ASSOCIATED PRESS

**Pens bring back Cullen**

The Pittsburgh Penguins re-signed forward Matt Cullen to a one-year, $1-million contract Wednesday for his 20th NHL season.

The 39-year-old Cullen helped the Penguins win the Stanley Cup last season.

Cullen, a two-time Stanley Cup champion, had 16 goals and 16 assists in 82 games last season. He added four goals and two assists in 24 playoff games, including two game-winners. THE ASSOCIATED PRESS

## RECIPE Salmon Dinner Salad

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

This healthy, yet hearty salad is a meat-and-potatoes dinner, summer style.

**Ready in 30 minutes**
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

**Ingredients**
- 8 small red potatoes, sliced in half
- 1 cup frozen corn, thawed
- 1 head of tender lettuce, washed and chopped
- 2 filets of salmon
- 1 Tbsp olive oil
- 1 lemon, juiced, divided
- salt and pepper
- 1 avocado, pitted and cubed
- 6 or 7 plum tomatoes, sliced in half lengthwise

**Directions**

**1.** Boil potatoes until tender. Drain and put aside to cool. Pour frozen corn into a bowl and thaw. Wash, dry and chop the lettuce into ribbons. Turn oven broiler onto 450 degrees.

**2.** Rinse fish and pat dry with paper towel before coating in a light slick of olive oil and half of the lemon juice, and salt and pepper before placing on a rack or cookie sheet. Shake the corn around the salmon. Place on the highest rack of the oven and cook for between 5 and 10 minutes, depending on salmon thickness. Remove from the oven.

**3.** Lay on bed of the chopped lettuce. Arrange the potatoes, avocado and tomatoes evenly across the lettuce. Break salmon into bite size pieces with your hands. Arrange on the salad. Shake the charred corn over top and serve with your favourite dressing.

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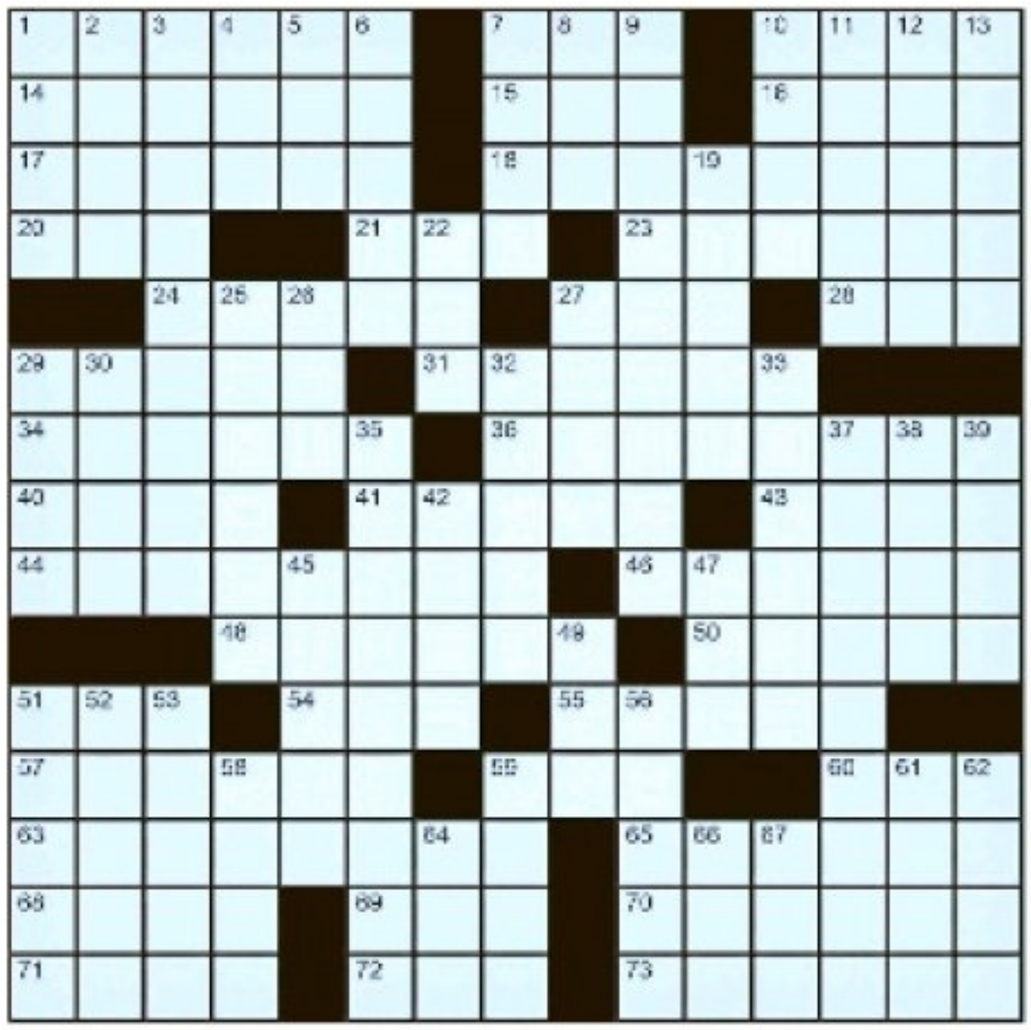
## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. RIO 2016: The Olympic Motto, 'Citius, __, Fortius'
7. RIO 2016: Belgrade's locale, IOC-style
10. Treaty
14. William Randolph __ (Newspaper magnate)
15. Ms. Carrere
16. Hillside dugout shelter
17. "Thanks __ __ much!"
18. RIO 2016: Endurance event
20. 'Peace' suffix (Pacifist)
21. Groove
23. 'The Minister of Everything': Canadian politician/businessman, _._. _
24. Soil crawlers
27. Theological sch.
28. Li'l streets
29. "Canadian Girls" by Dean __
31. "The Blue __" (1946) starring Veronica Lake
34. Direct, as per ancestry
36. RIO 2016: Soccer's Olympic synonym
40. Brit. word/reference works
41. British car, __ Martin
43. Herman Melville story
44. Canadian chocolate-covered raisins brand
46. Yukon neighbour
48. Hive house
50. "Our Father which __ __ heaven..."
51. Baton Rouge sch.
54. Opposite of Jnr.
55. Alphabetic quintet
57. RIO 2016: One of the Olympic rings
59. Luxe lieu
60. Campers, commonly
63. RIO 2016: Closing __ (Sunday, August 21st)
65. RIO 2016: Shuttlecock, as in Badminton
68. RIO 2016: Equestrian's strap
69. Hi-__ graphics
70. Esoteric
71. Gremlins, Pacers, et al. as per cars
72. Point
73. Juicing gadget

**DOWN**
1. "Two owls and __ / Four larks and..." - Edward Lear
2. __ Strauss & Co.
3. RIO 2016: Olympic sport
4. Not standard, briefly
5. _._._ Enterprise
6. Rainy event
7. Income tax __.
8. Narrow inlet
9. RIO 2016: 1992 Summer Olympics site
10. RIO 2016: Route, as per Cycling
11. Don't like at all
12. RIO 2016: Bunch of spectators
13. Prongs
19. Acknowledge
22. Amer. currency
25. Saskatchewan village
26. Rug kind
27. "Begone bug!"
29. Online journal
30. Canadian rebel Louis
32. Following
33. RIO 2016: On the Sailing boat
35. RIO 2016: #1-Across' answer, or the other parts in the motto: 2 wds.
37. RIO 2016: 1928 Summer Olympics host city
38. Tricky Norse deity
39. __ shark
42. Celestial body
45. Salts sort
47. Lake: French
49. Pitchy dog bark
51. RIO 2016: Sportswear fabric
52. "Now you __ '__, now you don't!"
53. Saint-__ (Municipality in Quebec's Gaspé Peninsula)
56. Elephant in literature
58. Contact __
59. Way [abbr.]
61. Grapes grasper
62. Oracle
64. New
66. Wrath
67. TV-making co.

## IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
Continue to look for ways to improve your job or to get a better job. Lucky Jupiter, Mercury and Venus all are waiting to help!

**Taurus** April 21 - May 21
Grab every chance to take a vacation, because three planets are urging you to have fun. Sports events, playful activities with children and romance also are blessed.

**Gemini** May 22 - June 21
You continue to benefit from anything related to home and family, including real estate. This is a good time for home repairs and redecorating projects.

**Cancer** June 22 - July 23
Life is fast-paced now because of short trips, increased reading and writing, plus busy errands and conversations with everyone. Just go with the flow!

**Leo** July 24 - Aug. 23
Continue to look for ways to boost your income, because you can do this now. Mercury, Venus and lucky moneybags Jupiter all are in your House of Earnings!

**Virgo** Aug. 24 - Sept. 23
This continues to be a favourable time for you. Please take note: This is a great week for Virgos to buy wardrobe items.

**Libra** Sept. 24 - Oct. 23
Although you are working behind the scenes and playing it low-key, your communication with others nevertheless is direct and highly charged! (No one sees you coming.)

**Scorpio** Oct. 24 - Nov. 22
People in power — bosses, parents, teachers and VIPs — admire you now. This advantage will stay with you for another week, so make the most of it! Go after what you want!

**Sagittarius** Nov. 23 - Dec. 21
Grab every opportunity to travel and expand your horizons, because this is what you need to do now. Fortunately, with Mars in your sign, you won't hesitate to go after what you want!

**Capricorn** Dec. 22 - Jan. 20
Study, interactions with other countries and cultures, plus opportunities to travel intrigue you now. Settle loose ends with shared property so that you are free to fly!

**Aquarius** Jan. 21 - Feb. 19
You need more rest right now. (Respect your need for more sleep.) This will help you in issues where you might be in competition with someone else.

**Pisces**
Feb. 20 - March 20
It's easy to get better organized now, because people are supportive. They want to help you. Relations with partners are wonderful. Lucky you!

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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